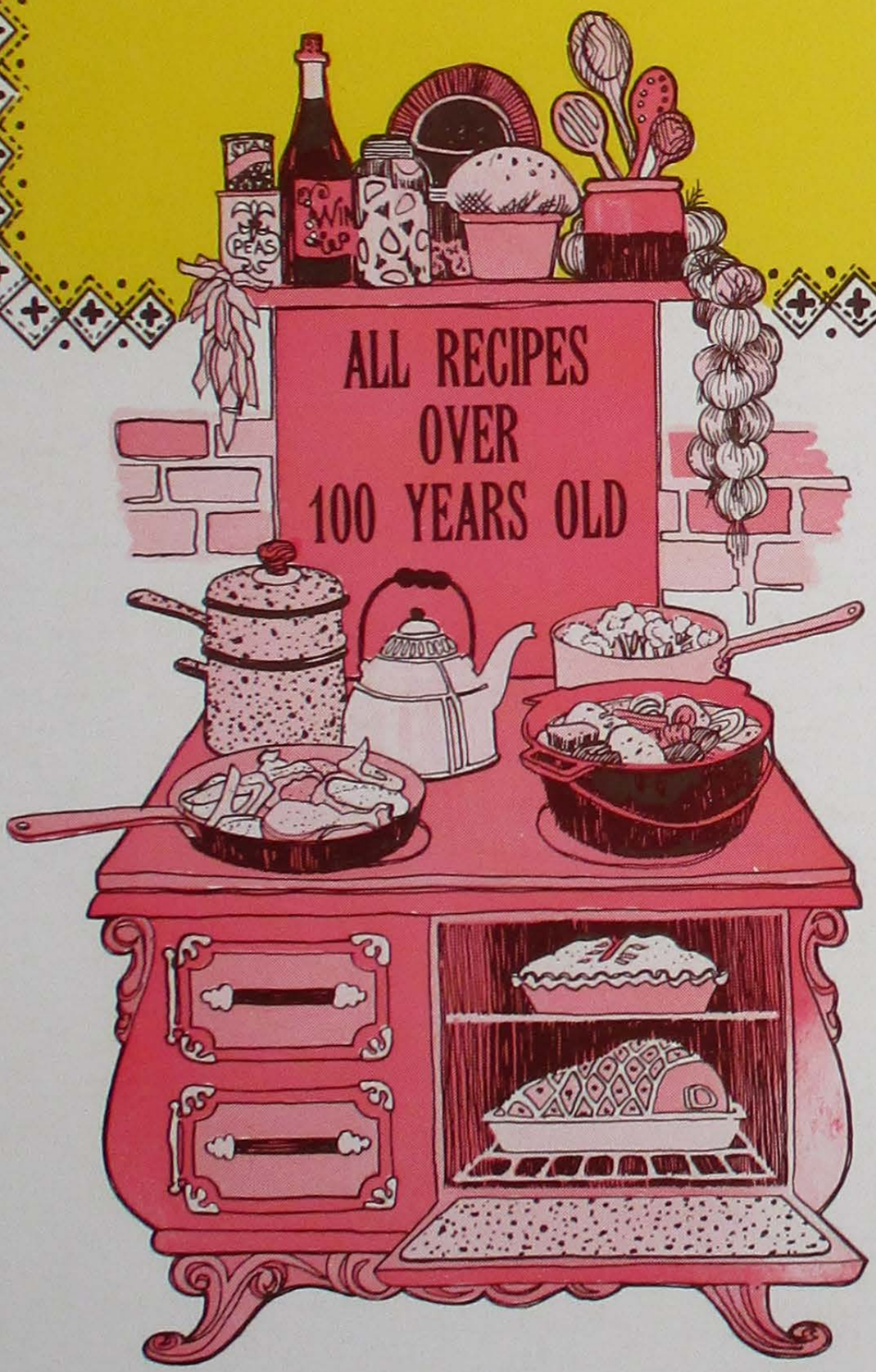
ANTIQUE COOKBOOK



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ANTIQUE COOKBOOK

Written By
Bertha Barnes

Introduction

I am sure that all of you have asked Grandmother, "What was cooking like in the olden days?" I am sure that her memory flashed back to large pails of fresh milk and to the children licking the butter from the dash of the churn and the ice cream from the hand turned pail and the delicious homebaked cakes, pies, cookies, and puddings at Holidays.

Over ten decades have passed since these delightful recipes were first used and it is not how much our Holiday dinners are different now but how much the same they are. To be sure, Grandmother's stove had no thermometer but the gentle touch of her hand on the damper.

You will enjoy this cookbook with delight and the recipes have a fascinating history. They have been traced from the first adventurers who settled on the New England Coast to the Pioneers who made their way Westward.

In a sense, the changes have been dramatic. For instance, the advent of baking powder in 1856 and the first egg beater did not arrive until 1870 when Yankee peddlers began to sell their wares. The New England and Pioneer home-maker whipped her eggs and cream with a hickory rod.

I wish to thank all my friends who have helped me to amas such delightful recipes, all of which are over 100 years old. Now you can make some of the same dishes your Grandmother did. Some of the recipes are just the same and others I have retested and updated some of the cooking methods for you without losing an iota of the old-fashioned goodness that made them long time favorites.

One last reminder to you is that good things do not change.

Happy Cooking
Bertha Barnes
P.O. Box 11130
Lexington, KY 40511

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Game and Meats

HAUNCH OF VENISON

Rub the venison over with pepper, salt, and butter. Repeat the rubbing. After it has been put in the oven, put in as much cold water as will prevent burning and draw the gravy. Stick five or six cloves in different parts of the venison. Add enough water to make sufficient gravy. Just before dinner, put in a glass of red wine and a lump of butter rolled in flour, and let it stew a little longer.

SALMON STEAK

When well dried, pepper and salt, sift over powdered cracker, and lay upon a gridiron, which has been first greased with butter or lard, over hot coals. As soon as the side next to the fire is brown, turn it by carefully slipping under it a battercake turner and holding the fish on it with the other hand, lest it should break. When both sides are of a light brown, lay in a hot dish; pepper and salt again; pour over melted butter; place the cover on, and serve.

TO BARBECUE SQUIRREL

Put some slices of fat bacon in an oven. Lay the squirrels on them and lay two slices of bacon on the top. Put them in the oven and let them cook until done. Lay them on a dish and set near the fire. Take out the bacon, sprinkle one spoonful of flour in the gravy and let it brown. Then pour in one teacup of water, one tablespoonful of butter, and some tomato or walnut catsup. Let it cool, and then pour it over the squirrel.

WILD TURKEY

Wash the turkey inside and out with soda and water. Rinse it and plunge it into a pot of boiling water for five minutes. Make a stuffing of bits of pork, beef or any other cold meat, plenty of chopped celery, stewed giblets, hardboiled eggs, pounded cracker, dry bread crumbs, pepper, salt and a heaping spoonful of butter. Work this well and fill the turkey. With another large spoonful of butter grease the bird, and then sprinkle salt and pepper over it. Lay in a pan, with a pint of stock or broth in which any kind of meat has been boiled. Place in a hot oven. When it begins to brown, dredge with flour and baste, turning often, so that each part may be equally browned. Put a buttered sheet of paper over the breast, to prevent dryness. When thoroughly done, lay on a dish, brown crackers, pound and sift over it, and serve with celery or oyster sauce.

WILD GOOSE

After the goose is dressed, soak it several hours in salt and water. Put a small onion inside and plunge it into boiling water for twenty minutes. Stuff with chopped celery, chopped eggs, mashed potatoes, bits of fat pork or other cold meat; a little butter; raw turnip grated; a tablespoon of pepper vinegar; a little chopped onion; pepper and salt to taste.

A teacup of stock or broth must be in the pan with the fowl. Butter it, dredge with flour, and baste often. Pin a buttered paper over the breast to prevent its becoming hard. Serve with mushroom or celery sauce, or, for a simpler taste, serve merely with its own gravy.

WILD DUCK

When the duck is dressed, put in a small onion, pepper, salt, and a spoonful of red wine. Lay in a pan with water enough to make the gravy. Cook in fifteen or twenty minutes, if the fire is brisk. Serve with gravy made as for wild turkey.

Canvas-back ducks are cooked in the same way, only you have on their heads and do not use onion with them.

TO BROIL PARTRIDGES

Place them in salt and water, an hour or two before broiling. When taken out, wipe them dry, and rub them all over with fresh butter, pepper and salt. First broil the under or split side on the gridiron, over bright, clear coals, turning until the upper side is of a fine, light brown. It must be cooked principally from the under side. When done, rub well again with fresh butter and if not ready to serve them immediately, put them in a large shallow tin bucket, cover it and set it over a pot or kettle of boiling water, which will keep them hot without making them hard or dry and will give time for the many "last things" to be done before serving a meal. When served, sift over them powdered cracker, first browned.

GRANDMOTHER'S OPOSSUM AND SWEET POTATOES

Clean opossum well, cut up as desired and boil until it is tender. Take four large sweet potatoes and boil until tender. Place opossum and sweet potatoes in a large bread pan and bake until brown. Season as desired and serve while hot.

REBECCA'S OLD-FASHIONED GROUNDHOG

One cupful flour, cooking fat, one teaspoonful of salt and 2 teaspoonfuls pepper. Clean groundhog, cut up and remove kernels from under the front legs to keep from making a taste. Place in cooker and cook until tender. Add spices if desired. Remove from cooker, roll in flour and brown in frying pan.

PIONEER LARD MAKING

Trim fat from the different parts of the hog and intestines. Cut the fat into small pieces and place in a large kettle out-of-doors, stirring constantly as it becomes fluid. It will be done as soon as scraps of fat become brown. Strain through a clean piece of cloth and store in earthen crocks. Lard from intestines does not keep long, so keep it separate and use first.

WILDERNESS SAUSAGE

Trim the carcass of the hog until you have equal amounts of lean and fat pork. To every twenty five pounds of meat use fourteen ounces of salt, three ounces of sage and three ounces of black pepper. If you like it good and hot, you can also add two or three ground up pods of red pepper. Grind as you desire and pack in airtight bags made of muslin or pack in skins.

ST. ASAPH HOG HEAD CHEESE

Clean the hogs head and remove the eyes. Cut into four pieces. Soak in salt water for several hours to draw out blood, drain and wash in cold water. Heart, tongue and other pieces can be cooked with the head. Cover with hot water and cook until the meat can be removed from the bones. Run the meat through a grinder, strain the broth and add about one pint of the broth to about four pounds of meat. Add salt, pepper, red pepper and spice to taste. Mix thoroughly and put in pan or stone crock to set. Store in cool place.

INDIAN AND PIONEER JERKY (DRIED MEAT)

Pioneers and Indians always carried jerky in their shirt pocket or jacket.

Outdoor Method

Build a small campfire by using small limbs of green hardwood; apple, maple,

cottonwood, aspen or alder. Make a drying rack over the fire (3 or 4 ft. above the fire) of screenwire, chickenwire or from small limbs of green wood. Start the fire with anything you wish and let it burn down to the coals, then add any green wood you wish to create the smoke.

To prepare the meat (use beef, deer, buffalo, moose, mutton, caribou or elk) never use pork, use the best portions of the meat and cut away all the fat lengthwise of the grain. Cut the strips as long as possible not more than 1-inch wide or thick. It is tastier if the meat is salted and peppered before drying. Lay the well-seasoned strips of meat across the rack leaving a small strip between each piece of meat. Keep smoke continuously under the meat for 15 to 25 hours. The meat is dry when it is a black or dark brown color and becomes brittle.

Oven Dried Jerky

The meat is prepared as above. Place the strips of meat on the wire rack of your oven and dry for about 25 hours at a temperature of 150-200 degrees. Place these strips of meat in an old pillowcase and hang in a dry place before storing in a tight container. Will keep indefinitely. Stew is excellent made from dried jerky.

PEMMICAN

Pemmican is better made from buffalo jerky although it can be made from anything but pork. Pound or grind the dried Jerky in a food grinder. Obtain marrow fat by cracking the animal bones, boiling and when cool skim off the fat. To about one pound of the ground jerky, add 1 cup of dried raisins or other dried fruit (ground). Add one cup of the marrow fat, or one cup of suet fat, rendered. Mix all ingredients together in a shallow pan or stuff into muslin bags. Break the cooled pemmican into pieces and store in cloth or paper bags and hang in a cool, dry place. Will keep indefinitely.

WILDERNESS DRY CURE FOR BEEF, BUFFALO, VENISON AND ELK

To each 100 pounds of meat use:
4½ pounds salt
1 ounce red pepper
5 ounces saltpeter
1½ pounds brown sugar
8 ounces black pepper

Mix all ingredients thoroughly. Rub half the mixture into the cooled meat. Place the meat in a barrel or box, cover well and place in a cool spot. Let lay for about 15 days, rub in remainder of mix and leave for 25 more days. Remove meat and smoke for five more days.

MRS. HENDERSON'S RECIPE FOR BRINE CURE FOR BEEF, ELK, DEER, ETC.

For every 100 pounds of beef, deer, buffalo, elk, etc., use: 7½ pounds salt, two pounds brown sugar, 2½ ounces saltpeter and 4½ gallon water. Boil and skim the above mixture and let cool. When it is cool, pour over the well packed meat. Remove the meat and repack once while in the brine and repack in a different position. Let stay in brine about 4½ weeks, then smoke if desire, after meat has dripped for about 12 hours. The cured meat can be wrapped in brown paper or placed in a sack well surrounded with straw or dry grass, so flies or other insects cannot get to the meat easily.

TURTLE

Cut the meat loose from the shell, gut, and cut into pieces about three inches in diameter and one inch thick, or just chunks.

Soak the meat overnight in salty water with a pinch of soda added to remove the wild, strong taste.

Parboil (if desired) and roll in flour with salt and pepper to taste and fry the meat in hot lard in a covered skillet until brown on all sides.

FROG

Cut the legs off and clean them and throw the rest of the frog away. Heat grease moderately hot. If heated too hot, the legs may jump out of the pan. Roll the legs as if they were chicken in flour seasoned with salt and pepper and fry until done.

QUAIL

Quails do not have to be plucked. Pull the skin off, remove head and feet and remove the insides. Rub inside and out with butter, salt and pepper. Place in a roasting pan and cover. Bake in a moderate oven until tender, then uncover and let brown.

Quail can be cooked like chicken and rolled in flour, salt and pepper and fried in hot grease. Fry slowly so that it will get good and done.

RACCOON

The best way to cook a coon after cleaning is to leave the coon whole after gutting and leave it soak all night in salt water. Parboil the coon for a little while and then take out and fill the chest cavity with sweet potatoes. Then bake until it is brown and tender.

RABBIT

Cut the rabbit across the middle of the back and insert the fingers and pull both ways. Lift the legs out of the pelt.

Cut the rabbit into sections. If young and tender, salt and pepper and roll in flour and fry in hot lard. Remove rabbit and all but about 3 tablespoons grease. Add salt and let brown. Then add about 2 tablespoons flour and let brown. Then add about equal quantities of milk and water and let it cook until thick. Serve with rabbit and hot biscuits.

If rabbit is old, parboil and then fry as young rabbit.

FRIED HAM AND RED-EYE GRAVY

Take the slices from a raw ham. Have the frying pan real hot so as to brown the ham quickly on both sides. After browning, fry slowly until done. If there is not enough fat on the meat to make enough gravy, add some lard to the frying ham. When done, pour the grease into a bowl, set the pan back on the stove and heat. Add water to the pan (about half a cup) and add to the grease. Have plenty of homemade biscuits and pour the red-eye gravy over them. Delicious. If there is not enough brownings in the skillet, you can add coffee instead of water to make the gravy browner.

JOWL AND TURNIP SALAD

This is an old Virginia dish, and much used in the spring of the year.

The jowl, which must have been well smoked, must be washed clean, and boiled for three hours. Put in the salad, and boil half an hour; if you boil too long, it will turn yellow. It is also good broiled for breakfast with pepper and butter over it.

The jowl and salad should always be served with fresh poached eggs.

BAKED HAM

Take one whole ham, wash and place in a large kettle. Cover with water. To each quart of water add ¼ cup sugar and 2 tablespoons vinegar. Place over slow fire. Heat slowly to boiling. Simmer until tender. Remove from fire. Let ham remain in broth until cold. Skin ham. Stick cloves in the fat at 1-inch intervals. Combine 2 cups bread crumbs, 2 tablespoons brown sugar, 2 tablespoons molasses, 2 tablespoons prepared mustard and 2 tablespoons melted butter. Spread on ham. Bake in slow oven until brown. Baste with ham broth.

BREADED PORK CHOPS

Six thin pork chops. Sprinkle with salt and pepper. Roll in bread crumbs. Dip in slightly beaten, seasoned egg which has been diluted with 2 tablespoons water. Roll in crumbs. Brown slowly in hot cooking fat. Remove from frying pan. Make a highly seasoned, slightly thickened sauce in the pan in which the chops were browned. Place cooked chops in sauce. Cover. Simmer 1 hour. Serve with the sauce. If desired, chopped green pepper, cooked tomato, and chopped onion may be added.

SAUSAGE

You can use any combination of lean meat with about one-third of it being fat. The meat can be trimmed from hams, shoulders, middlins, tenderloin, meat from the head and jowls.

Take ten pounds of pork, a quarter cup of salt, a half cup brown sugar, two and one-half tablespoons sage, two teaspoons black pepper, and two teaspoons red pepper.

Place the mixture on the table and run it through a sausage grinder.

Ways to store it:

Fry it good and brown (not completely done through since it has to be reheated when served) pack into jars while very hot, pour hot grease over the top, close the jars, then turn upside down to cool.

Roll the sausage into balls of any size you wish, pack them in a churn, pour hot grease over the top, tie a cloth over the top, and set in the cellar or springhouse.

Pack the sausage in sections of cleaned, small intestines, tying the intestines at both ends, and hang from the joists of the smokehouse for curing.

Remove the ear from a corn shuck, pack the sausage inside after washing the shuck thoroughly, tie the ends of the shucks together with string or wire, and hang in the smokehouse.

BACKBONE PIE

Take the smallest end of the backbone, cut in pieces two or three inches long; put in water and boil until done. Make a nice rich pastry; line the sides of a baking dish with the pastry, put in the bones, adding some water in which they were boiled; also salt, butter, and pepper to taste with bits of pastry.

Cover top of baking-dish with pastry; put in stove and brown nicely.

SPARE RIBS

Cut them in pieces of two or three ribs each. Put them in a small quantity of water and boil for fifteen or twenty minutes. Gash them with a knife; sprinkle them with pepper and put them on a hot gridiron as near the fire as possible; broil quickly, but not too brown. Have some butter melted and pour over the meat and shut it up in the dish. These are good for breakfast.

"SOUSE MEAT" or "HEAD CHEESE"

To prepare the whole head: Trim, scrape and singe off any hairs or bristles that are left on. Cut out the eyes. If you do not have a big pot, take an axe and half or quarter the head. While still fresh, put in a pot of fresh water, usually to soak overnight. This

soaking removes the remaining blood from the meat.

After soaking, rinse the head until the water is clear. Then put the head in a pot of clean, salty water and cook it slowly until tender and the meat begins to fall from the bone. Then remove all the meat from the bone and run through a food chopper.

Seasoning depends on your taste, but most old-timers used this measurement of ingredients. For each head, one tablespoon of sage, a half teaspoon ground red pepper, and salt and black pepper to taste.

Mix the meat and seasoning thoroughly, put in a mold and cover with a plate or white cloth. If it is not to be eaten immediately, put into the smokehouse where the winter weather will keep it fresh.

SCRAPPLE

Take out the eyeballs and ears from the head and be sure there are no hairs left. Put in a big pot and cook until the meat turns loose from the big bone.

Lift out the meat and bones and take your hands and separate the meat from the bones, feeling with your fingers to be sure no bones are left in the meat. Strain the liquid through a strainer. Put the liquid and the mashed meat back in the pot. Put a tablespoon pepper and sage and stir until it boils. Stir, salt to taste, add enough meal until it is thick. Pour up into a mold. After it is cold, cut it off and fry it until brown. Tastes just like fish.

BRAINS

Put the brains in hot water to loosen the veil of skin covering them. Put grease in skillet and cook slowly until brains are done. Add about 4 eggs for each hog's brain, salt and pepper and scramble them all together. Delicious!

LOUISA'S PORK SAUSAGE

Grind tenderloin with a small piece of fat next to tenderloin. Add salt, red pepper ground, home grown sage crushed. Mix with hands, fry a small patty. Taste until seasoned right.

Flavor carefully. It's almost impossible to remedy too much salt, pepper, and sage.

KY. IS KNOWN FOR ITS FAMOUS FRIED CHICKEN

Disjoint a 2½ or 3 pound frying chicken, and coat each piece with flour which has been seasoned with salt and pepper. Heat 1 pound of lard in iron skillet until smoking hot. Place chicken in hot fat, reduce heat and cover. Sprinkle more pepper on top of chicken. Add ¼ pound of butter and fry chicken slowly. The butter will keep the chicken from getting too hard but will cause it to brown well. Remove to platter and serve with hot biscuit and cream gravy.

CREAM GRAVY

Cream gravy has to accompany fried chicken. Pour off all but about 4 tablespoons fat leaving the brown crumbs in the skillet. Heat fat boiling hot. Sprinkle in the salt stirring well. Add 1 heaping tablespoon flour. Let it brown, stirring constantly. When brown, add 1 cup milk and the balance water, stirring constantly until the gravy is the right thickness.

Young rabbits can be fried the same way as the chicken, but young squirrels are better if they are first rolled in meal instead of flour.

Vegetables

FRIED CABBAGE

Cut the cabbage very fine, on a slaw cutter, if possible; salt and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop one tablespoon lard into it, then the cabbage, stirring briskly until quite tender; send to table immediately. One half cup sweet cream, and three tablespoons vinegar, the vinegar added after the cream has been well stired, and after taken from the stove, is an agreeable change. When properly done an invalid can eat it without injury, and there is no offensive odor from cooking.

FRIED TOMATOES

Take large green tomatoes and cut crosswise in large slices, salt and pepper. Dip each piece into beaten egg and dip each slice into corn meal and fry at once in hot lard; serve hot.

HARRODSBURG TURNIPS

Wash, peel, cut in thin slices across the grain, and place in kettle in as little water as possible. Boil until you can easily pierce them with a fork; drain well, season with salt, pepper and bacon grease. Do not boil too long, as they are much sweeter when cooked quickly.

SUMMER SQUASH

These are better when young and tender, which may be known by pressing the nail through the skin; do not peel or take out seeds, but boil whole, or cut across in thick slices; boil in as little water as possible for one-half or three-quarters of an hour, drain well, mash and set on back part of stove or range to dry out for ten or fifteen minutes, stirring occasionally; then season with butter, pepper, salt and a little cream. If old, peel, cut up, take out seeds, boil and season as above.

POTATOES IN KENTUCKY STYLE

Slice thin as for frying, let remain in cold water half an hour; put into pudding-dish or dripping-pan, with salt, pepper, and some milk about half a pint to an ordinary dish; put into oven and bake for an hour; take out and add a lump of butter half the size of an egg, cut into small bits and scatter over the top. Slicing allows the interior of each potato to be examined, hence its value where potatoes are doubtful, though poor ones are not of necessity required. Soaking in cold water hardens the slices, so that they will hold their shape. The milk serves to cook them through, and to make a nice brown on the top; the quantity can only be learned by experience if just a little is left use as a rich gravy, moistening all the slices, then it is right. In a year of small and poor potatoes, this method of serving them will be very welcome to many a housekeeper.

MRS. CALLOWAY'S FRIED RAW POTATOES

Wash, peel, and slice in cold water, drain in a colander, and drop in a skillet prepared with two tablespoons melted butter or beef drippings, or one-half of each; keep closely covered for ten minutes, only removing to stir with a knife from the bottom to prevent burning; cook another ten minutes, stirring frequently until done and lightly browned. Sweet potatoes are nice prepared in the same manner.

HOMINY

Take a washpot that holds about ten or fifteen gallons of water. About one gallon of homemade lye made from wood ashes is added to the water. Shell about twelve or fifteen ears of corn by hand into the water and cook it about eight or nine hours. When

the grains begin to crack open and swell and get great big and begin to get a little tender, take it away from the fire.

Take it to where there is plenty of water and wash it until all that outside husk and those little black things — hearts that grow to the cob of the corn — come off and out. You will have to wash it maybe through a dozen waters and rub it to get all the skin and lye off.

Then you put it back into the pot, put it on the fire, and cook it about that much longer — about all night — and get up and stir up your fire, put in some more water if it's needed and cook it.

Take it out when it's good and tender and done. Keep in a cool place or can it. It is better made from white corn.

CABBAGE ROLLS

A large head cabbage
¾ cup uncooked rice
1 teaspoon pepper
2 tablespoons sugar
2 pounds lean pork
A teaspoonful salt
A pound, 12 ounce can tomatoes
¼ pound butter

Put cabbage in boiling water to loosen the leaves, then pull off leaves and let cook in boiling water about 3 minutes. Drain. While the leaves are draining, cut pork into pieces about ½ inch square. Mix meat with rice, salt and pepper.

Put about 2 tablespoons of this mixture in each cabbage leaf and roll up. Arrange rolls in layers in a deep kettle. Add tomatoes, then enough water to cover rolls. Sprinkle sugar over the top. Bring to a boil, turn heat down to low and cook about 5 hours. Turn off heat and add butter. Serve the liquid in pan with the rolls for gravy.

JENNY'S SULPHURED APPLES

Line a canner or large tub with brown paper. In the middle of the tub or canner, place an old kettle or tin can containing a thick layer of sand or soil. On this layer of sand, place glowing red hot coals. Pour about 3 gallon of cored and quartered apples around the container of coals and pour one rounded tablespoon of powdered sulphur on the

coals. Cover the top of the tub or canner with another layer of paper. Over the paper place an old thick rug or folded blanket. Leave covered for several hours or overnight. These sulphured apples an be placed in a crock or jars and covered or they can be placed on an old clean sheet and left to dry thoroughly. They can then be stored in paper bags or an old pillow case. They can later be used for sauce or pies.

RHUBARB

After washing, cut the rhubarb into 1 to 1½ inches in length. Sterilize the jars of your choice and fill them with the rhubarb. Fill with cold water until all the bubbles are gone. Seal the jars tight and store in a cool dark place. The rhubarb will keep indefinitely and it tastes like fresh rhubarb when opened. Excellent to make into pies or sauce.

OLD-TIME METHOD OF MAKING COTTAGE CHEESE

Place milk in several pans to clabber. After clabbering, place in a large flat bottomed kettle. Place the kettle on the stove on low heat and do not let the milk simmer or boil. While the milk is heating slowly, cut through the clabbered milk cross-wise with a knife to separate the curds and let the milk heat evenly. When the curds of milk and the whey have separated (the thin whey will come to the top) take a clean bag or an old pillowcase and pour the mixture into it. When it is all in the bag, squeeze lightly and hang on the clothesline with it pinned at the top and let hang overnight. The next morning bring in the bag and make your cottage cheese. Salt and pepper the cheese to taste and then add just enough sweet or sour cream to coat the dry curds. If you like you can add a pinch of sage or finely minced chives or both.

VARINA'S NEW POTATOES

Take young new potatoes that have been gravelled from the potato hill about half as large as an egg. Place in a pan of cold water and scrape. Place in a kettle and cover with water and add salt and bacon grease. Cook until they can be pierced through with a fork. When done and just before serving, mix about 3 tablespoons flour with enough sweet milk to make a thin paste and add to the potatoes and let boil about five minutes.

GERONIMO'S FRIED CUCUMBERS

Peel off the skin and slice lengthwise and lay in cold water for about half an hour; wipe dry, dip in beaten egg, then in meal, seasoned pretty highly with pepper and salt, and fry in hot lard; drain dry and eat hot. You may like to squeeze a few drops of lemon juice on each slice.

BLACKFISH'S SUCCOTASH

Four cups of lima beans and the same quantity of corn cut from the cob. One and one-fourths cup of milk, three tablespoons butter (roll butter in one tablespoon flour), pepper and salt. Put beans and corn over the fire in enough boiling water to cover them. Cook until tender and drain off the water; add the milk, buttered flour, pepper and salt to taste; simmer ten minutes gently after it is hot throughout, then serve.

RUNNING BEAR'S SCALLOPED SQUASH

Two and one-half cups boiled squash, run through a colander and then left to cool. Two eggs, two tablespoons of melted butter, half a cup of milk, pepper and salt, half a cup of bread crumbs. Beat eggs, butter, milk and squash light, season, pour into a buttered back dish, sift the crumbs over the top and bake, covered half an hour, and then brown lightly. Send to the table in a baking dish. Never throw away the remnants of a dish of squash left after dinner. It can always be used like above. Or, if you have only a small

amount left, beat in two eggs, a half-cupful of milk, pepper and salt, and about three tablespoons sifted flour, just enough for a soft batter, and cook as you would griddle cakes.

MRS. BUCHANNAN'S POTATO CROQUETTES

Boil about ten large potatoes, rub them through a colander or whip them light with two forks; work in, while hot, two tablespoonfuls butter, half a cupful of hot milk, a little salt and pepper; stir in a saucepan until smoking hot, beat in three eggs and continue to beat until you have a smooth mass, boiling hot; turn out on a dish and let it get cold; flour your hands, make the mixture into croquettes and roll in a beaten egg, then in flour or cracker crumbs, fry in plenty of hot lard. Serve while hot.

BLACK HOOF'S CREAMED TURNIPS

Peel, lay in cold water for an hour. Cook fast and tender in hot salted water and drain. Put in a clean tin or porcelain saucepan and beat smooth over the fire with a wooden spoon (never an iron one), mixing as you go on two tablespoonfuls of butter and four spoonfuls of cream; season with pepper and salt. The lumps should be rubbed out and the turnips be smooth.

Breads

REBECCA BOONE'S JONNYCAKES

Put 1 cup stone-ground white cornmeal and ½ teaspoon salt in a pan and add 1¼ cups boiling water in a stream, stirring briskly with a wooden spoon. Stir in 2 tablespoons butter and ¼ cup milk. Cook the mixture over simmering water, stirring frequently, for 10 minutes and add 1 cup milk in a stream, or enough to thin the batter to the consistency of soft mashed potatoes. (A modern method would be to use a double boiler.) Drop the batter by tablespoons onto a hot well-oiled heavy iron griddle and flatten each cake slightly at once with a damp spatula. Cook the cakes over low heat for 8 to 10 minutes, or until the underside is browned. Turn the cakes over and cook them for 10 minutes, or until the other side is browned. The cakes should be crusty and browned on the outside but soft inside. Serve the jonnycakes with very hot butter and maple syrup. Makes 8 to 10 jonnycakes. If desired, 1 cup blueberries may be added to the batter.

MRS. RICHARD HENDERSON'S JONNYCAKES

In a large bowl combine 1 cup stoneground white cornmeal, 1 teaspoon sugar, and ½ teaspoon salt. Stir in 1¾ cups milk, or enough to make a thin batter. Drop the batter by tablespoons onto a hot well-oiled heavy iron griddle and cook the cakes over low heat for 4 to 5 minutes, or until the underside is browned. Turn the cakes over and cook them for 5 minutes, or until the other side is browned. Serve the jonnycakes very hot with butter and maple syrup. If desired, 1 cup of blueberries may be added to the batter.

MRS. ISAAC SHELBY'S SPOONBREAD

In a pan setting over simmering water (you can use double boiler) scald 1 quart of milk. Stir in gradually 1 cup stone ground white cornmeal and ½ teaspoon salt and cook the mixture, stirring frequently for 15 minutes, or until it is very thick and smooth. Remove the pan from the heat and stir in 1 tablespoon each of butter and bacon or pork-drippings. Let the mixture cool slightly and beat in thoroughly 4 egg yolks well-beaten. Fold in 4 egg whites, stiffly beaten. Turn the cornmeal mixture into a well buttered

2-quart baking dish and bake in a moderate oven for about 40 minutes, or until the spoon bread is puffed and golden brown.

CORN PONE

Mix together, 1 pint corn meal, 1 teaspoon baking powder, ½ teaspoon salt, cut in 1 tablespoon lard and add enough milk to make a stiff batter. Take your hands and shape into pones and place in a greased pan. Bake in a hot oven for about half an hour.

CORN CAKES

2 cups corn meal
3 eggs
2 teaspoons baking powder
2 tablespoons flour
1 teaspoon salt
1 tablespoon melted butter or lard
milk

Beat eggs, add meal, flour, salt, baking powder, and butter. Add enough milk to make a thin batter. Pour out onto a hot griddle and flip to other side when brown. Serve with butter and syrup.

HUSH PUPPIES

Mix 1½ cups flour, 1½ cups corn meal, and a pinch of salt and soda. Add 2 eggs and buttermilk until it is the right consistency to hold its shape when rolled into a ball. Mix in 1 medium chopped onion, roll into balls and drop into a couple inches of hot fat. Let them deep fry until they're brown and crispy; drain on paper and serve hot.

CORN FRITTERS

3 dozen ears corn
3 tablespoons flour
6 eggs, beaten well
salt to the taste

Grate the corn, add to it the flour, and gradually mix with the eggs. Beat all hard together. Drop in oval shapes, about 3 inches long, into a pan, in which fry them brown, in equal parts of lard and butter. A batter cake-turner is convenient for turning them.

HOMINY BREAD

Mix with two teacups of hot hominy a very large spoonful of butter. Beat two eggs very lightly and stir into the hominy. Next add a pint of milk, gradually stirring it in. Lastly, add half a pint of corn meal. The batter should be of the consistency of rich boiled custard. If thicker, add a little more milk. Bake with a good deal of heat at the bottom, but not so much at the top. Bake in a deep pan, allowing space for rising. When done, it looks like a baked batter pudding.

MUSH BREAD

Make a thin mush of corn meal and milk (or hot water, if milk is scarce). Cook till perfectly done, stirring all the time to keep it smooth. Then add a good lump of butter; and, after it cools a little, two eggs, one at a time. Beat in a very small pinch of soda and a little salt.

Butter a baking dish and bake slowly until brown.

HOT ROLLS

2 cups milk
½ cup sugar
2 eggs, beaten
2 packages yeast
2 tablespoons salt
About 7 cups flour
½ cup shortening, melted, then cooled to lukewarm

Heat milk to lukewarm, add yeast and stir until dissolved. Add sugar, salt and eggs. Stir in about 3 cups flour and mix well. Add shortening, then stir in enough flour to make a stiff batter.

Knead on a well-floured board until smooth. Place in a large, well-greased bowl and let rise until double in bulk. Punch down, shape as desired and place on a greased baking sheet. Let rise again until double in size and bake in a 450-degree oven until golden brown.

INDIAN BREAD

Beat two eggs very light, mix alternately with them one pint of sour milk or buttermilk, and one pint of fine corn meal. Melt one tablespoonful of butter, and add to the mixture. Dissolve one teaspoonful of soda in a small portion of the milk, and add to the other ingredients, last of all. Beat hard and bake in a pan, in a hot oven.

RICE BREAD

1 pint sweet milk
2 teacups sifted corn meal
3 eggs, beaten separately
1 teacup boiled rice
½ teacup melted butter
½ teaspoon salt

Bake in a very hot oven, using buttered iron muffin moulds.

EGG BREAD

1 quart of milk
1 tablespoonful of butter
3 eggs
1 pint of cornmeal
1 teaspoonful salt

Beat the eggs very light and add to the other ingredients. Bake in a pan or dish. Add a little soda dissolved in milk, if you desire it.

CRACKLIN BREAD

Take one quart sifted corn meal and a teacup of cracklins. Rub the latter in the meal as fine as you can. Add a teaspoonful of salt and make up with warm water into a stiff dough. Make into pones, and eat hot.

PLAIN CORN BREAD

1 pint sifted meal
1 teaspoonful salt
Cold water sufficient to make a stiff dough

Work well with the hands, pat out in long, narrow pones, six or seven inches long and as wide as the wrist. Bake quickly in a hot pan.

BEATEN BISCUIT

One quart of flour, lard the size of a hen's egg, one teaspoonful of salt. Make into a moderately stiff dough with sweet milk. Beat for half an hour. Make out with the hand or cut with the biscuit cutter. Stick with a fork and bake in a hot oven, yet not sufficiently hot to blister the biscuit.

SODA CRACKERS

1 quart of flour
1 egg; a little salt
1 tablespoon of lard and butter mixed
1 teaspoonful soda sifted into the flour

Make a stiff paste with buttermilk, beat until light, roll tolerably thin, cut in squares, prick, and bake quickly.

SALT-RISEN BREAD

Make into a thin batter:
1 pint of flour
1 tablespoonful cornmeal
Half-teaspoonful salt

Set in a warm place to rise. After it has risen, pour into it two quarts flour, with sufficient warm water to make up a loaf of bread. Work it well, set it to rise again and when risen sufficiently, bake it.

INDIAN GRIDDLE CAKES

1 quart of sour milk
1 large tablespoonful of butter, melted after measuring
1 teaspoonful of soda
2 eggs
Half a teaspoonful of salt

Make a thin batter, with two-thirds Indian meal, and one-third flour.

A small bag made of coarse but thin linen or cotton, and filled with common salt, is much better to rub over the griddle than lard, when cakes are to be fried or baked.

VIRGINIA ASH CAKE

Add a teaspoonful of salt to a quart of sifted corn meal. Make up with water and knead well. Make into round, flat cakes. Sweep a clean place on the hottest part of the hearth. Put the cake on it and cover it with hot wood ashes.

Wash and wipe it dry, before eating it. Sometimes a cabbage leaf is placed under it, and one over it, before baking, in which case it need not be washed.

LAPLAND BREAD

1 quart of flour
1 quart of cream
1 teaspoonful salt

Twelve eggs (whites and yolks and beaten separately and very light). Put the whites in the batter the last thing, beat very light, bake in a quick oven, in small tins, which must be perfectly dry and sprinkled with a little flour before being greased. Delicious bread.

KENTUCKY PUFFS

Boil one pint of milk with half a pound of butter. Stir them into three-quarters of a pound of flour and let them cool. Then add nine eggs, yolks and whites to be beaten

separately, and whites to be added last. Fill cups or tins half full and bake. When done, sprinkle with white sugar while hot. Very nice for tea.

SIMON KENTON'S HUSH PUPPIES

½ cup sifted flour
1 beaten egg
1½ cups corn meal
1 tablespoon sugar
½ teaspoon salt
2 teaspoons baking powder
½ cup milk
1 onion

Sift together dry ingredients. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for hush puppy into deep fat (about 360 degrees), frying a few at a time. Fry until a golden brown. Drain on absorbent paper. Makes about 2 dozen hush puppies. (These are good fried in fish grease.)

OLD FASHIONED SALT-RISEN BREAD

In olden times, a cook was judged by the bread she baked. Generally speaking, if she could make good cornbread and biscuits, she was rated a superior cook.

Starter:
1 cup milk
7 tablespoons white cornmeal
1 teaspoon salt
1 teaspoon sugar

Scald milk and stir in cornmeal, salt, and sugar. Place mixture in a clean sterilized jar; cover loosely, and allow to stand from 6 to 7 hours in a warm place (115 degrees) or until mixture starts to ferment. Temperature is very important in this. The gas can be heard to escape when it has sufficiently fermented.

Sponge:
2 cups lukewarm water
2 tablespoons sugar
3 tablespoons melted shortening
2 cups flour

Combine Starter, water, sugar, shortening, and flour; beat thoroughly. Pour mixture into a jar and seal; place in a water bath at 115 degree to maintain an even temperature. If you do not have a water bath cooker, use a large saucepan or a bucket so that water covers top of jar. Let rise until sponge is very light and full of bubbles.

Dough:
Sponge
About 8½ cups flour or enough to make a stiff dough

Combine Sponge and flour; knead for 10 to 15 minutes and shape into 3 loaves. Place in greased loafpans and allow to rise until double in bulk. Bake at 375 degrees for 10 minutes; lower temperature to 350 degrees and bake an additional 25 minutes. Check to see that bread is done before removing from oven.

Drinks

GREAT GRAND-DADDY'S EGGNOG

24 egg yolks
2 quarts whipping cream
24 egg whites
2½ cups Bourbon
6 tablespoons sugar
18 tablespoons sugar (1 cup plus 2 tablespoons)
Nutmeg to taste

Beat egg yolks for at least 20 minutes until they are a light lemon color and are very fluffy. Continue beating and add bourbon, a drop at a time.

Whip cream until it stands in peaks. Add 6 tablespoons sugar, and fold egg yolks into whipped cream.

Beat egg whites until they are dry and have completely lost their gloss before you start adding the 18 tablespoons sugar. (This step is very important; it is the secret of the eggnog's "standing up" quality.) Add sugar to egg whites a tablespoon at a time. Continue beating for about 10 minutes after all sugar has been added.

Fold the egg whites into the cream and egg yolk mixture, continuing to blend with a folding motion until it is well mixed and smooth.

Ladle from silver or crystal bowl into tall glasses and eat with iced-tea spoon. Top each glass with a dash of nutmeg. Makes about 25 servings.

CIDER

Cider should be made from ripe apples only, and for this reason, and to prevent fermentation, it is better to make it late in the season. Use only the best-flavored grafted fruit, rejecting all that are decayed or wormy. The best mills crush, not grind, the apples. The utmost neatness is necessary throughout the process. Press and strain juice as it comes from the press through a woolen cloth into a perfectly clean barrel; let stand two or three days if cool, if warm not more than a day; rack once a week for four weeks, put in bottles and cork tightly. This will make perfect unfermented cider. Do not put anything in it to preserve it, as all so-called preservatives are humbugs. Lay the bottles away on the sides in sawdust.

GRANDMOTHER'S HARVEST DRINK

One quart of water, tablespoon sifted ginger, three heaping tablespoons sugar, half pint vinegar.

LEMONADE

Roll six lemons well, slice thin in an earthen vessel, put over them two teacups white sugar; let stand fifteen minutes, add one gallon water and lumps of ice, pour into pitcher and serve. Some add soda after the glasses are filled, and stir rapidly for "sparkling lemonade."

RASPBERRY SHRUB

Place red raspberries in a stone jar, cover them with good cider vinegar, let stand overnight; next morning strain, and to one pint of juice add one pint of sugar, boil ten minutes, and bottle while hot.

LEMON SYRUP

Take the juice of twelve lemons, grate the rind of six in it, let it stand overnight, then take six pounds of white sugar, and make a thick syrup. When it is quite cool, strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. A tablespoon in a goblet of water will make a delicious drink on a hot day, far superior to that prepared from the stuff commonly sold as lemon syrup.

SODA BEER

Two pounds white sugar, whites of two eggs, two ounces tartaric acid, two tablespoons flour, two quarts water and juice of one lemon; boil two or three minutes, and flavor to taste. When wanted for use, take a half-teaspoon soda, dissolve in half a glass of water, pour into it about two tablespoons of the acid, and it will foam to the top of the glass.

ICE-CREAM

One quart new milk, two eggs, two tablespoons corn starch; heat the milk in a dish set in hot water, then stir in the corn starch mixed smooth in a little of the milk; let it boil for one or two minutes, then remove from stove and cool, and stir in the eggs and a half pound sugar. If to be extra nice, add a pint of rich cream, and one-fourth pound sugar, strain the misture, and when cool add the flavoring, and freeze as follows: Prepare freezer in the usual manner, turn the crank one hundred times; then pour upon the ice and salt a quart boiling water from the tea-kettle. Fill up again with ice and salt, turn the crank fifty times one way and twenty-five the other (which serves to scrape the cream from sides of freezer); by this time it will turn very hard, indicating that the cream is sufficiently frozen.

KENTUCKY CREAM

Make a half gallon of rich boiled custard, sweeten to taste, add two tablespoons gelatine dissolved in a half cup cold milk; let the custard cool, put it in freezer, and as soon as it begins to freeze, add one pound raisins, one pint strawberry preserves, one quart whipped cream; stir and beat well like ice cream. Blanched almonds or grated cocanut are additions. Some prefer currants to raisins, and some also add citron chopped fine. — Mrs. Gov. J. B. McCreary, Kentucky.

Cakes and Pastries

MONTICELLO'S RECIPE FOR PUFF PASTE

Several recipes used at Monticello that require puff paste follow in the next few pages.

One heaping pound superfine sifted flour, one pound of butter, which has first been folded in a napkin and gently pressed to remove all moisture; place the flour on board (marble slab is better), make a well in center, squeeze in juice of half a lemon, and add yolk of one egg, beaten with a little ice water; stir with one hand and drop in ice water with the other, until the paste is as hard as the butter; roll paste out in a smooth square an inch thick, smooth sides with a rolling pin, spread the butter over half the paste; lay the other half over like an old-fashioned turnover, leave it for fifteen minutes in a cold place, then roll out in a long strip, keeping the edges smooth and double it in three parts as follows: Fold one-third over to the middle third, roll it down, then fold over the outside, third, roll out in a long strip and repeat the folding process rolling

across this time so that the butter may not run "in streaks" by being always rolled the same way; let it lie for fifteen minutes, and repeat this six times, allowing fifteen minutes between each rolling to cool, otherwise the butter will "oil," and the paste is ready for use. Handle as little as possible through the whole process. All the flour used must be of the very best quality, and thoroughly sifted. The quantity of water depends on the capacity of the flour to absorb it, which is quite variable. Too little makes the paste tough, and too much makes it thin, and prevents the flakiness so desirable. Rich paste requires a quick oven. This may be made in one-fourth the quantity given above, and then is much more easily handled.

MARTHA'S REAL ENGLISH BANBURY CAKE

Take an equal quantity of clean, well-picked currants, granulated sugar and finely chopped lemon peel and mix it all together and then add a nice flavoring of ginger and cinnamon; now add good fresh butter, enough to form the whole into a nice paste. Take the best puff paste, roll it out in a sheet one-fourth of an inch thick; cut this in pieces to inches square and place a piece of the prepared butter, currents, etc., in the center of each; now take the two corners, the one nearest to you and the one opposite you, bring them up, press them together, and then with the palm of the hand press them down flat. This makes the pieces oval in shape and leaves two ends which are folded together at liberty to rise; now wash the part that is not folded with water and add as much powdered sugar as you can get to remain on. Bake these in a slow heat. These are a little expensive, but are very fine and are the real English Banbury.

BOOK SAUSAGE ROLL

Take a piece of puff paste, roll it out to an eighth of an inch in thickness; then cut it up in squares four inches square, lay them out on board; then have the sausage meat ready, break if off in pieces the size of a small egg; roll them out three inches long and place one piece in the middle of each square of pastry. Now wet the edge of the pastry with water, then bring the part furthest from you over on to the part nearest you, taking care to let it be back from the front at least one-fourth of an inch; now wash these with egg, taking care not to allow the egg to run down over the sides of the pastry. Next give a few shallow cuts with a sharp knife; then cut a leaf of pastry, place at it the center (do not wash it), and bake them a nice brown. If these are made well the edges will rise up and the roll will look like a book.

GREAT GRANDMOTHER'S QUICK CAKE

Break an egg in a cup, fill cup to half with soft fat, fill cup to top with milk.

In a bowl mix ¾ cup of sugar, one cup of flour, one rounded teaspoon of baking powder and a dash of salt. Stir.

Add the mixture in the cup to the mixture in the bowl, stir and add flavoring. Sometimes Grandmother used lemon, sometimes nutmeg, sometimes both.

She baked it in an iron skillet.

SISTER ETHEL'S HICKORY NUT CAKE

My brother-in-law's Aunt is ninety-five years old and this was her grandmother's recipe. Notice that it has no temperature for baking or direction as to the order of ingredients.

2 cups sugar
1 cup butter
6 whole eggs (beat together)
1 cup Wiskey or wine
3 Teaspoons baking powder
4 cups flour

1 quart hickory nuts (ground)

Mix as any other cake, bake in moderate oven (350 degrees) about 1½ hours.

BLACKBERRY CAKE

2 cups sugar
1 cup butter
2 teaspoons cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
2 cups blackberries or applesauce
2 eggs
2 cups flour
2 tablespoons cocoa
1 teaspoon allspice
1 teaspoon soda

Mix and back as you would any other cake. (I baked it for 45 minutes at 350 degrees.)

KENTUCKY STACK CAKE

7 or 8 cups flour
A pound box light brown sugar
A teaspoon salt
An egg
A fourth pound butter, softened
A teaspoon soda
A teaspoon pumpkin pie spice
A cup buttermilk

After sifting flour (you won't use it all) into a large bowl, place softened butter in a well in the center. Add the sugar and work the soda, salt and pumpkin spice into sugar with the fingers. Add egg and work it together with the sugar and the butter. Add buttermilk gradually, working in flour as you go, until all buttermilk is used and a soft dough is made.

Divide dough into 7 equal portions and press into greased and floured 9-inch layer cake pans.

Bake layers at 350 degrees for 10 to 12 minutes, turning out layers and baking the remaining layers until all dough is baked. Sift unused flour back into storage container.

Filling

3 cups fresh or canned applesauce or sauce made from cooked dried apples.
A teaspoon pumpkin pie spice
¾ cup sugar (or to taste)

Combine ingredients and put filling between layers, then stack. Do not put filling on top layer. Cover closely and allow to age a few days before cutting, for best flavor. It's best if layers are stacked while slightly warm.

CONFEDERATE'S OLD FASHIONED STACK CAKE

¾ cup butter
2 eggs
¼ teaspoon soda
¼ teaspoon salt
¾ teaspoon allspice
3 cups flour
½ cup sugar
1 cup sorghum molasses
½ cup buttermilk

¼ teaspoon cloves
¾ teaspoon cinnamon
1 teaspoon baking powder

Cream butter and sugar together. Add eggs and molasses. Mix well. Add soda to buttermilk. Mix dry ingredients together. Add alternately with milk to batter, beginning and ending with the dry ingredients. Bake in thin layers (about ½ inch thick in either 9-inch cake pans or the old-fashioned "black" griddle) for about 12 minutes at 350 degrees.

Filling

1½ pounds dried apples (3 cups)
1½ cups sugar
2½ cups water

Cook together, and when almost done add ½ teaspoon each cinnamon, allspice and cloves. Cool. Spread between layers of cake and stack. Green apples or dried peaches can be substituted for dried apples.

UNION SPONGE CAKE

Six eggs, once their weight in finest granulated sugar, one-half their weight in flour, one-half teaspoon salt, the grated rind and juice of one lemon. Beat the eggs, yolks and whites together, with a spoon whisk for twenty minutes, beating with a long stroke; sift in the sugar with the left hand, keeping up the beating with the right, then add lemon juice and rind and lastly fold in the flour, not beating any more. If it has been put together right it will have a light spongy texture and seem rather dry. Bake in a rather deep tin about fifty minutes. Do not open the oven door for the first fifteen minutes, at the end of that time it should begin to rise, at the end of the next fifteen minutes it should double its bulk and by the end of the next twenty minutes it should be sufficiently browned and baked through.

AUNT MILLIE'S BROWN STONE CAKE

¾ cup ground chocolate
2/3 cup brown sugar
½ cup milk
yolk of one egg

Beat all together and soft boil like a custard. Let cool. This is the cream.

Then take:
1 cup brown sugar
2 eggs
½ cup butter
2 cups sifted flour

After the cake is mixed, stir in the above cream mixture.

Then add 1 teaspoon soda dissolved in a little warm water. Mix together and back in two 9-inch pans. The old wood stove didn't have a temperature control but bake at 350 degrees for 30 to 35 minutes.

Aunt Millie always used whipped cream with two or three tablespoons of chocolate, sugar to taste and ½ teaspoon vanilla for the frosting. Delicious!

TODD'S STRAWBERRY SHORTCAKE

Two heaping teaspoons baking powder sifted into one quart flour, scant half teacup butter, two tablespoons sugar, a little salt, enough sweet milk to make a soft dough; roll out almost as thin as pie-crust, place one layer in a baking pan, and spread with a very little butter, upon which sprinkle some flour, then add another layer of crust

and spread as before, and so on until crust is all used. This makes four layers in a pan fourteen inches by seven. Bake about fifteen minutes in a quick oven, turn out upside down, take off the top layer (the bottom when baking) place on a dish, spread plentifully with strawberries (not mashed) previously sweetened with pulverized sugar, place layer upon layer, treating each one in the same way; and when done you will have a handsome cake, to be served warm with sugar and cream. The secret of having light dough is to handle it as little and mix it as quickly as possible. Shortcake is delicious served with charlotte-russe or whipped cream. Raspberry and peach shortcakes may be made in the same way.

GEORGE WASHINGTON CHERRY CAKE

1½ cups sugar
½ cup butter
⅛ teaspoon salt
1 cup sour cherries
1 teaspoon soda
1 teaspoon cloves
1 cup sour milk
2 eggs, beaten
2 cups flour
¾ cup chopped nuts
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon vanilla

Cream butter and sugar well; add beaten eggs and beat again. Add soda to sour milk, then stir flour, spices and milk alternately to creamed mixture. Simmer cherries on stove and sweeten to taste. Cool, drain cherry juice off and add cherries, vanilla and nuts to above ingredients. Bake 350 degrees for 30 to 35 minutes.

DRIED APPLE FRUIT-CAKE

Soak 3 cups dried apples over night in cold water. Next day, chop up with 3 cups molasses, and stew until soft. Add 1 cup raisins and cook a few minutes or more. When cold, add 3 cups flour, 1 cup butter, 3 eggs, 1 teaspoon soda, bake in slow oven. Raisins may be omitted. Also spices may be added.

GRANDMOTHER CLAY'S OLD-TIME WHITE CAKE

Sift 2 scant cups sugar. Beat until soft with hundred strokes (use mixer now) 1 scant cup butter. Add the sifted sugar gradually and blend these ingredients until they are very creamy. Mix by hand (this is meant literally so use your hand) ½ teaspoon vanilla, ½ teaspoon lemon extract, and 2 tablespoons Bourbon.

Sift before measuring 3 cups cake flour. Resift it twice with 5 teaspoons cream of tartar baking powder. Take 2/3 of these ingredients and add in 3 parts by hand to the butter mixture alternately with thirds of scant ¾ cup of milk or sour cream. Start with milk. Mix until it is smooth after each addition. Then whip until stiff but not dry 6 egg whites. Take ½ of these and mix in the batter by hand. Then mix in also by hand the remaining 1/3 of the flour and baking powder. Then fold in the remaining half of the egg whites. Pour into greased floured layer pans and bake in moderately hot (375 degrees) oven for approximately 20 to 30 minutes. Put pan of water in oven. When cake shrinks slightly from sides of pan it is usually done, but test with cake tester to be sure. Spread with White Bourbon Frosting topped with coconut and you will have the best coconut cake you have ever tasted or serve plain with fresh strawberries and whipped cream.

SOUTHERN WHITE FRUIT CAKE

Cream one pound of butter and add gradually 1 lb. of sugar and beat until you have a creamy mass. Beat in 10 beaten egg yolks. Sift 1 pound of flour. Reserve 1 cupful of the flour and resift the remainder with: 2 whole nutmegs, grated and 1 teaspoon baking powder. Add sifted ingredients alternately to butter mixture with 1 pint of Bourbon. Sprinkle reserved flour over: 1 pound hickory nuts (pecans may be substituted) ½ pound chopped seeded raisins, ½ pound citron and ½ pound of figs. Stir the fruit and nuts into the batter. Fold in 10 stiffly beaten egg whites. Pour into greased, floured pans with the bottoms lined with heavy greased brown paper. Bake in slow oven (250 degrees) for 4 to 5 hours or until done. When the cakes are cold wrap them in a cloth moistened with your favorite Bourbon and store in tin container. Will keep for a number of months if you continue to moisten the cloth.

UNION BANANA CAKE

2 cups bananas
3 cups sugar
2 teaspoons soda
1 cup shortening
4 cups sifted plain flour
5 eggs
1 cup buttermilk or clabber
1 cup pecans or walnuts
1 teaspoon vanilla
2 tablespoons Bourbon.

Cream shortening and sugar together. Then add bananas and continue creaming until smooth. Add beaten eggs to mixture and beat slightly. Resift flour and soda together, then add to cake alternately in four additions with the buttermilk. Mix in vanilla, nuts, and Bourbon. Grease and flour 3 layer pans. Bake in moderate oven (350 degrees) for approximately 1 hour or until cake begins to shrink from the sides of pan. Ice with Caramel Icing. Place a pan of water in the bottom shelf of your oven. This makes the cake very moist.

OLE-TIME YELLOW CAKE

8 egg yolks
1¼ cups sugar
2½ cups sifted cake flour
½ teaspoon lemon extract
¾ cup butter
¾ cup milk
2 tablespoons Bourbon
4 level teaspoons baking powder (double action)

Cream the butter and add the sugar gradually. Beat the mixture until it is light and creamy. Beat yolks in one at a time and add Bourbon and lemon extract. Resift the flour with the baking powder added. Add the sifted ingredients alternately with the milk in 3 additions. Beat the batter smooth after each addition. Pour into greased waxpaper pans and bake in moderate oven (350 degrees) for approximately 30 to 40 minutes. Ice with Lemon Bourbon Frosting.

CLARK'S THREE-LAYER JAM CAKE

1 cup butter
3 eggs beaten together
4 cups sifted flour
1 teaspoon salt
1 teaspoon soda

2 teaspoons allspice
1 teaspoon cloves
2 scant cups sugar
Sift together:
¼ cup cocoa
2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
2 scant cups buttermilk or clabber (clabber is best)
1 cup raisins or dates
1 cup pecans or black walnuts
2 cups of Jam

Cream shortening and sugar together. Add beaten eggs. Alternately add the sifted ingredients and clabber or buttermilk. Then add jam, nuts, and raisins or dates. Mix well and pour into greased, floured pans. Bake in moderate oven (at 350 degrees) for 30-45 minutes or until done. Put pan of water in oven while cake is cooking. When it is cold pour 1 jigger of Bourbon over each layer. Ice with caramel icing. Store in a tight tin container. It's moist, light, and rich.

KENTUCKY'S PIONEER WASHDAY OR STACK CAKE

1 cup sorghum
1 cup sugar
2 teaspoons baking powder
½ teaspoon cloves
¼ cup milk
1 cup butter
4 cups sifted flour
½ teaspoon salt
½ teaspoon soda
4 large eggs

Cream sorghum, butter and sugar until well blended. Combine milk with well beaten eggs. Sift dry ingredients together. Add to creamed mixture alternately with egg — milk liquid. Stir only until smooth. Divide batter into 6 equal amounts, about 1 cup of batter in each. Spread batter in well-greased 9-inch cake pans. Make six layers. Bake in moderate oven (350 degrees) for 12-15 minutes.

Stack layers with apple sauce on each layer. Use about 3 cups of apple sauce sweetened and spiced to suit your family's taste.

Cake is better if stored in a tight container for a few days before using. Serve plain or with whipped cream.

CONFEDERATE DARK FRUIT CAKE

2 pounds dark seeded raisins
½ pound citron
1 pound butter
1½ pounds all-purpose flour
1 cup blackberry jam
1 cup Bourbon
2 grated nutmegs or 2 tablespoons ground nutmeg
1 tablespoon mace
1 dozen eggs (beaten separately)
2 pounds currants
1 pound figs
1 pound sugar
1 cup black walnuts (finely grated)
1 cup molasses (sorghum)

1 cup blackberry wine
1 tablespoon cinnamon
1 tablespoon cream of tartar baking powder

Cut raisins in half, figs in small strips and citron in small pieces. Wash currants and dry them in slow oven until the water is off them, but they are still moist. Mix all the fruit — and nuts together and flour them with ½ pound of the flour. Sift it over the fruit-nut mixture and mix them well. Then cream the butter and add the sugar gradually. Then add jam, molasses and beaten egg yolks. Mix well and then pour in the wine and Bourbon and stir well. Sprinkle the nutmeg, cinnamon and mace over the fruit-nut mixture. Sift the remaining pound of flour with the baking powder. Then mix in 1/3 of the fruit and nuts then 1/3 of the flour and then take ½ of the stiffly beaten egg whites and mix 1/3 of those in. Continue this and lastly mix in the remaining half of the egg whites. Pour into greased, floured pans with the bottoms lined with heavy greased brown paper. Fill the pans 2/3 full and bake in slow oven for about 5 hours or until done. When the cake tester comes out without any dough on it the cakes are done. Put a shallow pan of water in the bottom of the oven while the cakes are cooking. When the cakes are cold, wrap them in a cloth moistened with Bourbon and store in a tin container. This cake will keep a year if you continue to moisten the cloth. Keep the cloth moistened for whatever length of time you keep the cakes.

VAN BUREN'S CHOCOLATE CAKE

½ cup butter
4 squares bitter chocolate
1½ cups sweet milk
2 cups cake flour, sift before measuring
1 cup chopped pecans or black walnuts
2 cups sugar
2 eggs (beat whites and yellows separately)
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon vanilla
2 tablespoons Bourbon

Cream butter and then add sugar gradually and cream the two together. Add the melted chocolate (which has been cooled a little). Then add the beaten egg yolks and vanilla and Bourbon. Sift the flour, measure it and add baking powder and salt and sift 3 times. Alternately add the flour mixture and milk. Start and end with the flour mixture. Then fold in the nuts and finally the stiffly beaten egg whites. Pour into greased and wax paper-lined cake pan or layer cake pans and bake in a moderate oven (350 degrees) for about 35 minutes or until done. Ice with Chocolate Bourbon Icing.

CIVIL WAR POUND CAKE

1 pound sugar
1 pound flour
1 pound butter
12 eggs
1 lemon, grated rind and ½ the juice

Soda the size of a pea, dissolved in one tablespoon of cold water. Beat eggs separately and very thoroughly adding whites last, folding them carefully in. Bake about one hour or until a straw comes clean.

SCRIPTURE CAKE

4½ cups of I Kings iv:22 (Flour)
1 cup of Judges v:25, last clause (Butter)
2 cups of Jeremiah vi:20 (Sugar)
2 cups of I Samuel xxx:12 (Raisins)

2 cups of Nahum iii:12 (Figs)
2 cups of Numbers xvii:8 (Almonds)
6 cups of Jeremiah xvii:11 (Eggs)
1 cup of Judges iv:19, last clause (Milk)
6 tablespoons I Samuel xiv:25 (Honey)
2 teaspoons Amos iv:5 (Baking Powder)
a pinch of Leviticus ii:13 (Salt)
Season to taste of II Chronicles ix:9 (Spice).

CLEVELAND ELECTION CAKE

2 lbs. Sugar
4 lbs. raisins
2 lbs. currants
2 lbs. flour
1 teaspoon soda
½ pint sweet cream
8 eggs
½ pint wine
½ pint brandy
1½ lbs. butter
2 nutmegs
1 tablespoon orange peel or marmalade

POOR MAN'S FRUIT CAKE

2 cups dried apples soaked overnight, in the morning chop fine and boil one hour in 1 cup molasses, then add:
1 cup of sugar
1 cup sweet milk
1 cup butter
1 bowl raisins, or more and
1 bowl currants
4 cups flour
1 heaping teaspoon soda
1 teaspoon (each cinnamon, mace, nutmeg, cloves, ginger and allspice)
Bake in moderate oven until done.

MARY TODD LINCOLN'S WHITE CAKE

1 cup butter
1 cup milk
1 cup finely chopped blanched almonds
3 teaspoons baking powder
6 egg whites
1 teaspoon vanilla
2 cups sugar
3 cups flour, sifted before measuring

Cream butter and sugar. Sift flour and baking powder together 3 times; add to butter and sugar mixture, alternately with the milk. Stir in nutmeats and beat well. Fold in stiffly beaten egg whites and flavoring. Pour into well greased and floured pan. The old fashioned, fluted copper pan with center funnel was probably used originally. Bake one hour in a moderate oven, or until cake tests done. Turn out on wire rack and cool.

VARINA'S SOFT GINGER CAKE

2½ cups sifted flour
1 teaspoon ground ginger
¼ teaspoon ground cloves
1 cup sugar
½ cup vegetable shortening
1 cup boiling water
2 eggs, well-beaten
1 cup molasses
1¾ teaspoon baking soda
1 teaspoon ground cinnamon
¼ teaspoon salt

Sift together four, soda, spices and salt and set aside. Cream sugar with shortening and molasses until well blended. Add sifted dry ingredients to creamed mixture alternately with boiling water, beginning and ending with dry ingredients. Stir in eggs. Pour into a well-greased baking pan and bake in a moderate oven for 30 minutes, or until center springs back when lightly touched with fingertip. Cool upright in pan to room temperature. Cut in large squares and serve.

MARY LEE'S POUND CAKE

This is one of the cakes that was so hard to make in pioneer times because it required such hard beating. It is much easier now with an electric mixer. This recipe will make a 1-9-inch and 1-10-inch cake. Beat 1 pound butter with 3 cups sugar 100 strokes or 5 minutes with mixer on low speed. Add 10 egg yolks and beat 25 strokes or 2 minutes with mixer. Beat 10 egg whites for 2 minutes at high speed. Then beat creamed mixture 5 minutes longer at low speed. Sift 5½ cups sifted flour and 6 teaspoons of baking powder together. Beat one third of flour into bowl at low speed. Beat in ¾ cup of milk until smooth. Beat in a third of the flour until blended. Add egg whites and beat until smooth. Reserve ¼ cup flour. Add remaining flour to bowl. Increase speed to medium and beat for 5 minutes. Grease one 9-inch and one 10-inch tube pan generously. Coat evenly with reserved flour, tapping excess into bowl. Add 2 teaspoons vanilla and 1 teaspoon grated lemon rind. Beat at medium speed 2 minutes. Pour into prepared pans. Bake in slow oven 1 hour and 15 minutes, or until center springs back when lightly pressed with fingers. Cool in pans on wire rack 10 minutes. Loosen around side and tube of pan with a knife and invert cake onto wire rack to cool completely.

MRS. LINCOLN'S CHOCOLATE-FILLED ANGEL FOOD CAKE

One and one-half cups granulated sugar, measured after sifting, one cup of flour, one teaspoon cream of tartar, sift together, six times, then sift flour and sugar together three times. Beat the whites of eleven eggs with a wire beater, until they are dry and flaky. Pour over one teaspoon vanilla, fold in the mixture of flour and sugar. Get into a moderate oven (350 degrees) as quickly as possible and bake about one hour. Turn pan upside down so air can pass under it. Do not grease pan. Never try to take it out, but stand upside down until it drops by itself.

CHOCOLATE FILLING

6 tablespoons cocoa
⅛ teaspoon salt
1 cup blanched almonds, slivered and toasted
6 tablespoons sugar
1½ pints whipping cream
2 to 3 tablespoons Bourbon Whiskey depending upon your taste

Cut a 1 inch layer from the top of cake. Remove cake to form a canal around inside of cake, leaving walls and bottom about an inch thick. Mix cocoa, sugar and scald; with cream. Chill thoroughly for 1 hour; whip until stiff. Fold in the whiskey and one third of the almonds. Fill the cavity of the cake with this. Replace the top and ice with the remaining cream mixture. Sprinkle remaining almonds over the top and sides of the cake. Chill for 2 or 3 hours before serving.

GEORGIA CARAMEL ICING

4 cups light brown sugar
1 cup butter
1 cup cream

Stir over medium heat until dissolved. Boil the ingredients to the soft ball stage. Remove from heat and beat until cool. Then add 2 teaspoons vanilla and 2 tablespoons Bourbon. If it needs to be thicker, add a little powdered sugar gradually.

PENN'S LEMON FROSTING

4 cups confectioners sugar
1 teaspoon cream
½ cup butter
2 tablespoons Bourbon
grated rind and juice of two lemons

Grate lemon rind coarsely. Squeeze through gauze and wring the juice onto the sugar. Let stand about 10 minutes or longer. Blend the sugar and butter together and beat in the juice, cream, and Bourbon.

BLUEGRASS WHITE BOURBON ICING

Mix 1½ cups granulated sugar, 1/3 cup plus 1 teaspoon water, and a pinch of salt in a pan and bring to a rolling boil. Boil rapidly for 3 minutes. Place 2 unbeaten egg whites and ¼ teaspoon cream of tartar in a mixing bowl. Beat fast and hard and immediately pour hot syrup over it. When it stands in peaks add 1 scant tablespoon Bourbon and 1 teaspoon lemon extract.

GRAHAM COOKIES

2 cups sugar
1 egg
1 cup sour milk
1 cup Lard or Butter
1 teaspoon soda
Graham flour to make a soft dough

Mix. Roll thin and bake in a hot oven.

(This recipe comes from a very old White House Cook Book.)

VARINA'S BROWNIES

Melt 2 squares bitter chocolate — cool. Cream well ½ cup butter and add 1 cup of sugar gradually. Add 3 eggs and 1 teaspoon vanilla. Beat well. Add melted chocolate and blend thoroughly. Sift ¾ cup flour and ½ teaspoon baking powder. Stir into chocolate mixture and add ½ cup chopped black walnuts or pecans. Mix and last stir in ¼ cup Bourbon. Pour into greased pan and bake approximately 20 minutes in moderate oven (350 degrees). Ice with a Chocolate Icing.

VARINA'S CHOCOLATE ICING

1 pound sifted confectioners sugar
2 squares melted unsweetened chocolate
1 teaspoon lemon juice
2½ tablespoons Bourbon
¼ pound butter
2 beaten eggs
1 teaspoon vanilla

1 cup chopped black walnuts or chopped pecans

Beat eggs and gradually add the powdered sugar. Melt butter with the chocolate and add lemon juice, vanilla and Bourbon and mix well with the sugar-egg mixture. Add nuts.

100 YEAR OLD COOKIE

1 cup sugar
½ cup lard

Cream together, add 2 eggs and beat hard. Place a scant teaspoon of soda in a cup and add a mite of water until it foams up. Sift 3 cups of flour and add to mixture. Mix smoothly and swiftly. Then neatly roll out on a board. If too soft, add a little flour. Cut out and bake in a hot oven.

OLD FASHIONED SORGHUM COOKIES

2/3 cup shortening
1 cup sugar
¼ cup hot water
½ teaspoon salt
1 cup sorghum
3 eggs, well beaten
5 cups sifted flour
3 teaspoons soda

Cream shortening, sorghum and sugar. Add eggs and beat well. Combine dry ingredients and add to creamed mixture along with the hot water. Add more flour if needed to make a stiff cooky dough.

Drop by teaspoonful on ungreased baking sheet one inch or more apart. Bake in moderate oven (350 degrees) for 10 minutes. Makes about 100 drop cookies.

If you like cookies with icing, frost the Old Fashioned Cookies with this Sorgo Caramel Icing. It is also a delicious icing for Spice cake.

SORGO CARAMEL ICING

¼ cup melted butter
2 cups sifted confectioner's sugar
2 tablespoons sorghum
2 tablespoons milk
1 teaspoon vanilla

Combine butter and sorghum, blending thoroughly. Add half the sugar. Stir well. Add milk, vanilla and remaining sugar. Beat until smooth.

BIG TURTLE'S SUGAR COOKIES

One cup of sugar, half a cup of butter, four tablespoons milk, two eggs, one cup of flour, 1½ teaspoons of baking powder, sifted twice with the flour. Rub butter and sugar to a cream, work in the beaten eggs, milk and flour, roll out thin and cut into cakes. Bake crisp but not too brown.

JEFF DAVIS JELLY ROLL

One and a half cups of prepared flour, one cup of powdered sugar, five eggs, half a cup of milk, 2 tablespoons butter; rub butter and sugar together, add the beaten yolks, the milk, then whip whites and flour lightly and quickly. Bake in a large buttered pan, turn out on a clean, damp cloth, spread with jelly, and roll up closely.

CONFEDERATE DOUGHNUTS

Two cups of milk, one cup of sugar, one quart of flour, four eggs, one teaspoonful of salt, one half of a yeast cake, two tablespoons butter, one teaspoonful of mixed cinnamon and mace; bit of soda in the milk. Heat the milk and stir in the sugar and butter; while it is cooling, sift the salt twice in the flour and dissolve the yeast cake in a little warm water. Mix all while the milk is blood warm and let the dough rise until morning. Then work in the whipped eggs; knead the soft dough one minute and set for the second rising; it should be very light before you roll it out into a sheet and cut into shapes; after cutting them let them stand half an hour and fry in plenty of hot lard.

TAD LINCOLN'S CHOCOLATE MACAROONS — 1860's

Melt on a slow fire and in a tin pan three ounces of chocolate without sugar, then work it to a thick paste with one pound of pulverized sugar and four egg whites. Roll the mixture down to the thickness of about one quarter of an inch; cut it in small round pieces with a paste cutter, either plain or scalloped; butter a pan slightly and dust it with flour and sugar, half of each; place the pieces of paste or mixture in and bake in a hot, but not quick oven. Serve cold.

Pies

OLE VIRGINIA FROSTED APPLE PIE

Pastry for 10-inch two-crust pie
6 cups sliced, pared fresh apples
½ cup light brown sugar (packed)
2/3 teaspoon cinnamon
2/3 teaspoon grated lemon rind
2 tablespoons butter
1/3 cup granulated sugar
½ teaspoon nutmeg
2 teaspoons lemon juice
2 tablespoons Bourbon
Light Cream

Make your pastry and chill it. Combine apples, sugars, cinnamon, nutmeg, lemon rind, juice and Bourbon. Heat oven to hot (450 degrees). Roll out your pastry and place in pie pan, then place the ingredients in it. Dot with the butter and place the top crust

on it. Make a cutout design in the center of the top crust and then brush the top with cream. Bake about 40 minutes or until the apples are tender.

Meanwhile make a thin frosting as follows: Take ½ egg white and beat slightly with a fork. Gradually beat in enough sifted confectioners sugar (about ¾ cup) to make a medium thick icing.

Add 1½ tablespoons Bourbon. When the pie is removed from the oven, brush the icing over the entire top crust. Cool.

BOSTON'S MINCEMEAT-PUMPKIN PIE

1½ cups mincemeat
¾ cup strained pumpkin
2 eggs, lightly beaten
pinch of mace
½ cup brown sugar
½ cup milk
¼ cup Bourbon
½ teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon salt
½ cup heavy cream
9-inch unbaked pie shell

Cover bottom of pie shell with mincemeat to which the Bourbon has been added. Combine the rest of the ingredients and pour over the mincemeat. Bake at 425 degrees and lower to 350 degrees until the pumpkin is firm and browned on top.

BOONESBORO MINCEMEAT PIE

3 cups mincemeat
3 ounces Bourbon
1 cup diced cooked apples
1 unbaked pie shell

Cook diced apples until tender in a little water and then sweeten to taste (about ¼ cup sugar). Add to mincemeat and then mix in Bourbon. Pour into pie shell and either place strips or crust on top. Bake in 425 degree oven until crust is brown. This takes approximately 45 minutes.

AUNT CELIA'S CHESS PIE

Cream: 1½ cups sugar
¼ pound butter.
Then add:
3 whole eggs
1 teaspoon vanilla
1 teaspoon vinegar
1 teaspoon corn meal
Pinch of salt

Mix well: Pour into unbaked pie shell and bake in moderate oven until firm.

MRS. NATHAN BOONE'S PUMPKIN PIE

2 cups prepared pumpkin
2 eggs, well beaten
½ teaspoon salt
¼ teaspoon nutmeg

¼ cup sorghum
½ cup sugar
1 teaspoon cinnamon
½ teaspoon ginger (optional)
¾ cup milk

Combine all ingredients in the order listed. Mix well and pour in a 9-inch unbaked pastry shell. Bake in hot oven (450 degrees) for 10 minutes. Reduce heat to slow moderate (350 degrees) and bake for 30 minutes. Pie is baked when knife inserted in filling midway between center and edge comes out clean.

This same recipe is also good to use squash or sweet potato instead of pumpkin.

JEFF DAVIS PIE

½ cup butter
1½ cups sugar
2 tablespoons flour
1 teaspoon vanilla
3 egg yolks
2/3 cup soda cracker crumbs
¾ cup sour cream
9-inch unbaked pie shell

Cream butter. Combine sugar and flour; add to butter and cream until fluffy, add vanilla. Add egg yolks, beating well after each one. Fold in crumbs and cream. Pour into unbaked pie shell. Bake in preheated oven at 425 degrees for ten minutes. Reduce heat to 350 degrees for 40 to 45 minutes. If desired, top with meringue.

ULYSSES' CHOCOLATE PIE

1 baked pie shell
1¼ cups sugar
2 tablespoons flour
Mix well in double boiler:
5 tablespoons cocoa
¼ teaspoon salt

Then stir in 1½ cups whole milk and put over boiling water, stirring often until thick (takes about ½ hour). It will be the right thickness when it begins to hold its shape and coats the spoon heavily. Add 1 teaspoon vanilla, 1 tablespoon butter, and stir until smooth. Add 2 tablespoons Bourbon and continue stirring occasionally until it reaches the thick stage again. Meanwhile beat 5 egg whites with ½ teaspoon cream of tartar. Beat until almost stiff enough to hold a peak. Add 10 tablespoons sugar gradually, and beat until stiff and glossy, but not dry. Pour chocolate mixture into baked pie shell. Then spread the meringue on top and bake in moderately slow (350 degrees) for approximately 15 minutes or until lightly brown on top.

DOLLY MADISON'S PUMPKIN PIE

Unbaked pie shell
½ cup cream
1¼ cups sugar
1½ teaspoons nutmeg
¼ cup melted butter
2 cups pumpkin
5 beaten eggs
½ teaspoon salt
1 teaspoon cinnamon

1 tablespoon sifted flour
1 tablespoon Bourbon

Mix all the above ingredients together and pour into unbaked pie shell. Bake in moderately hot oven (450 degrees) for 45 minutes or until done. Insert a knife in center to test for doneness. When it comes out clean the pie is done. Serve plain or topped with whipped cream with a few walnuts or pecans sprinkled on top.

SOUTHERN TOMATO PIE

For one pie, peel and slice green tomatoes, add four tablespoons vinegar, one of butter, three of sugar; flavor with nutmeg or cinnamon; bake with two crusts slowly. This tastes very much like a green apple pie.

PLUM COBBLER

Take one quart of flour, four tablespoons melted lard, half teaspoon salt, two teaspoons baking powder; mix as for biscuit, with either sweet milk or water, roll thin, and line a pudding-dish or dripping-pan, nine by eighteen inches; mix three tablespoons flour and two of sugar together, and sprinkle over the crust; then pour in three pints of fresh or canned damson plums, and sprinkle over them one coffee cup sugar; wet the edges with a little flour and water mixed, put on upper crust, press the edges together, make two openings by cutting two incisions at right angles an inch in length, and bake in a quick oven half an hour. Peaches, apples, or any kind of fresh or canned fruit, can be made in the same way.

INDIAN COBBLER

Make pastry as for biscuit only use a little more shortening. Roll dough out on floured board. Cut in squares, fry in deep fat. Line a large bowl with the squares (fried) then put sweetened crushed strawberries or favorite fruit over them, then another layer of squares until bowl is full. Let last layer be fruit. Serve with whipped or ice cream or plain cream.

GRANNY'S OL' FASHIONED CREAM PIE

1 pint heavy cream
2 tablespoons flour
2 egg whites slightly beat
1/3 cup sugar
⅛ teaspoon salt
1 baked pie crust
whip cream

Heat cream in top of double boiler. Mix sugar, flour, and salt. Pour hot cream over mixture, stirring well. Return to double boiler, cook til it thickens, stir constantly. Remove from heat, add whites, pour into pie crust. Bake at about 400 degrees for 15 minutes. Chill. Cover with whipped cream.

LINCOLN'S LEMON CUSTARD PIE

2/3 cup water
1 tbls. cornstarch
4 eggs, separated
Juice of 1 lemon
Grated rind of lemon

¾ cup sugar
2 egg whites

Combine in a bowl the water, sugar, egg yolks, grated lemon rind, juice of lemon, and cornstarch. Beat for about 1 minute for a smoother custard pie. Line a pan with pie crust and fill with custard; bake at 325 degrees for 30 minutes.

Beat egg whites to a stiff froth and mix with 3 tbls. sugar and beat until stiff. Spread over pie. Brown meringue for 2 to 4 minutes in 450 degree oven.

This recipe is said to be a favorite of Abraham Lincoln when he stayed at a hotel in Illinois operated by Mrs. Nancy Breedlove. He liked it so much he asked her for the recipe. He told her years later that it was his favorite White House dessert.

PUMPION-PYE

Take a pound of Pumpion, and slice it; a handful of Thyme, a little Rosemary, sweet Marjoram stripped off the stalks, chop them small; then take Cinnamon, Nutmeg, Pepper, and a few Cloves, all beaten; also ten eggs, and beat them all together, with as much Sugar as you shall think sufficient. Then fry them like a pancake, and being fried, let them stand till they are cold. Then fill your Pye after this manner: Take Apples sliced thin round ways, and lay a layer of pancake, and another of the Apples, with Currants between the layers. Be sure you put in a good amount of sweet Butter before you close it. When the Pye is baked, take six yolks of Eggs, some white wine or verjuice, and make a caudle (sauce) thereof, but not too thick, cut up the lid and put it in, and stir them well together, and so serve it up.

From Hannah Wooley's "The Gentlewomans Companion," 1673, as published in "The Cornucopia" (Harper & Row).

Pickles

PEACH PICKLES

9 lbs. peaches
1 pt. vinegar
4½ lbs. sugar

Stick 2 or 3 cloves in each peach. Add a few sticks of cinnamon. Cook till tender. Take them out on a platter to cool. When cold put in jars. Pour the cold syrup over. Let them stand 24 hours then seal up.

OIL PICKLES

Slice very thin 100 medium sized cucumbers without paring. Let them lay in salt 3 hours, using two-thirds sack of table salt; drain off all this liquor and if too salty, wash off with cold water; add 3 pints of small white onions sliced first in water with a piece of alum size of a small nut dissolved in it; prepare onions same time as cucumbers.
4 oz. white mustard seed
2 oz. white ground pepper
1 oz. celery seed
1 pt. pure olive oil

Mix all together with the hands, then cover with cold vinegar.

Can be used in a few days. Put in jars. This makes two gallon.

CHOW-CHOW PICKLES

½ peck green tomatoes
15 onions
1 plate horseradish
1 ounce celery seed
2 ounces turmeric
2 large cabbages
25 cucumbers
½ pound mustard seed
2 ounces ground pepper
½ ounce cinnamon

Cut the onions, tomatoes, cucumbers and cabbage in small pieces, pack them down overnight in salt, lightly; in the morning pour off the brine, and put them to soak in weak vinegar two days; drain again, and mix the spices. Boil half a gallon vinegar and three pounds sugar, and pour over them hot. Seal in jars.

Pickles and Catsup

TOMATO CATSUP

1 gallon strained tomatoes
½ tablespoon allspice
3 tablespoons mustard
3 garlic
1 pint vinegar
4½ tablespoons salt
3½ tablespoons black pepper
1 tablespoon red pepper
½ tablespoon cloves

Boil until of the required thickness; put the dark spices and garlic into a cloth to prevent the catsup from being dark.

TOMATO SAUCE

2 gallon strained tomatoes
1 dozen onions
1 dozen green peppers, chopped fine with the onions. Boil enough to boil away some of the juice and then add; 10 tablespoons brown sugar, 10 tablespoons salt, 8 cups vinegar. Boil all together 1 hour. Bottle and seal.

GREEN TOMATO PICKLES

½ bushel green tomatoes
8 large peppers
8 large onions
¼ lb. white mustard seed
3 tablespoons celery seed

Chop all together fine, put in layers, one of tomatoes and onions and one of salt, using in all ½ cup of salt. Let stand overnight, in the morning squeeze dry and put on to boil in 2 qts. vinegar. Cook until tender; when nearly done, add 1 lb. sugar; put in cans.

WATERMELON PICKLES

4 pounds watermelon rind
1½ tablespoons slaked lime
2 tablespoons whole cloves
4 pounds sugar
2 quarts cold water
2 tablespoons allspice
1 quart cider vinegar
12 two-inch pieces stick cinnamon

Remove the pink pulp from the rind. Peel the green outside peeling. Weigh the watermelon and cut in small pieces of about one inch. Mix water and lime and pour over the rind. Let stand for about one and one-half hours. Drain and cover with fresh cold water. Simmer about 1½ hours or until tender. Drain. Tie the spices in a cloth bag. Combine vinegar, 1 quart of water, and sugar. Heat until sugar dissolves. Add spice bag and rind; simmer slowly for about two hours. Pack rind in clean hot jars. Fill the jar with boiling syrup and seal. This makes about twelve half-pints or six pints.

LIME PICKLES

7 pounds cucumbers
2 pounds sugar
Lime (builders) 3 pints vinegar
1 teaspoon each of cloves, ginger, allspice, celery seed, mace, and cinnamon

Soak the cucumbers after slicing in thin slices in a mixture of 1½ cups lime to 1 gallon water, making enough to cover the cucumbers. Let them soak on lime mixture overnight. Drain and soak for 5 hours in fresh water, changing hourly. Make a syrup of the sugar, vinegar, and spices, and bring to a boil. After changing the water for the last time, pour the syrup over the cucumbers and let stand overnight. Then boil for one hour and seal in jars.

SAUERKRAUT

Choose firm cabbage heads and chop fine. Clean a five gallon churn and pack alternately with layers of chopped cabbage and salt. Use about a half cup of salt per gallon of cabbage. Do not add water as the cabbage will produce its own.

When the jar is filled, cover the cabbage with a clean cloth. Place a weight on top of this to hold the cabbage under the brine. Let stand ten days or until it is as sour as you want.

Old-timers left the kraut in churns, but the top would turn dark and they would have to throw off the top. To prevent this you can pack the kraut in jars and place in a pot of hot water and bring to a boil to both seal the jars and cook the cabbage.

PICKLED BEANS

String and break green beans in pieces about one inch long. Wash and cook until they are tender (about 1¼ hours). Wash them again in cold water and pack in a crock jar, alternating a layer of beans with a thin layer of salt. When the jar is full, add enough water to fill all empty spaces.

Weight down the beans and let stand from 9 days to two weeks. You will not have to can the beans unless you want to do so for convenience. Most people just use them directly from the churn. They keep well.

PICKLED CORN

When the corn becomes roasting ears, boil the corn on the cob and pack in a churn on the cob or if you prefer, cut the corn from the cob, sprinkling a thin layer of salt alternately with the corn.

When the corn is pickled, it can be eaten directly from the cob, of it you prefer it cut off, fry in bacon grease or butter. The corn keeps well.

Old people liked to cut off the corn and pickle the beans and corn together. Fry in bacon grease or butter.

PICKLED BEETS

Boil beets until tender and soft. Drain the water off, peel the beets and cut them any way you choose. If small, they can be left whole. Place the beets in a large kettle, and for each quart of beets, add a cup each of sugar and vinegar. Bring the mixture to a boil. Put into cans and seal.

Candies

ANNA'S CREAM CANDY

2 cups white sugar
¼ teaspoon soda
½ cup water
⅛ teaspoon salt

Cook until it makes a soft ball in cold water, then add the following slowly so it will continue boiling:

½ cup pure cream and ½ stick of butter. Cook until it makes a hard ball in cold water. Pour onto a buttered marble slab until cool enough to pull. Pull for around 15 minutes. Stretch on slab, cut into pieces and wrap in wax paper.

ANNA'S PEANUT BUTTER ROLL

3 cups white sugar
½ cup white syrup
½ cup water

Cook until it makes a hard ball in cold water and pour over 2 egg whites, stiffly beaten. Beat until stiff enough to spread on buttered wax paper. Spread peanut butter on and roll up like a jelly roll. Wrap wax paper around roll and cut when cool.

PINE-MOUNTAIN SORGHUM TAFFY

1 cup sorghum
1 tablespoon butter
1 cup sugar
1 tablespoon vinegar
⅛ teaspoon soda

Mix all ingredients except soda and cook slowly until syrup will form a hard ball in water. Stir occasionally to prevent sticking. Just before removing from fire, stir in soda. Pour into buttered pans.

When cool enough to handle, butter hands slightly and pull candy until light and firm. Draw into sticks. Cut into pieces with scissors dipped in cornstarch. Wrap pieces in-

dividually in waxed paper. Makes about 1½ pounds of taffy.

Candy pullings was a great get-to-gether in olden times.

PITTSBURGH CENTENNIAL DROPS

White of one egg beaten to a stiff froth, quarter pound pulverized sugar, half teaspoon baking powder; flavor with lemon; butter tins and drop with teaspoon about three inches apart; bake in a slow oven and serve with ice cream. This is also a very nice recipe for icing.

LINCOLN'S CHOCOLATE CARAMELS

One and half cups grated chocolate, four of brown sugar, one and a half of cold water, piece of butter size of an egg, tablespoon of very sharp vinegar; flavor with two tablespoons vanilla just before removing from fire. Do not stir, but shake the vessel gently while cooking. Boil on the top of the stove over a brisk fire until it becomes brittle when tried in water; pour into a well buttered and floured dripping-pan, and check off in squares while soft.

COCOA-NUT CARAMELS

One pint milk, butter size of an egg, one cocoa-nut grated fine, three pounds white sugar, two teaspoons lemon, boil slowly until stiff (some then beat to a cream), pour into shallow pans, and when partly cold cut in squares.

EASTERN COLONIES' ICE-CREAM CANDY

Squeeze the juice of one large lemon into a cup. Boil one and one-half pounds moist white sugar, two ounces butter, one and a half teacups water, together with half the rind of the lemon, and when done (which may be known by its becoming quite crisp when dropped into cold water) set aside till the boiling has ceased, and then stir in the juice of the lemon, butter a dish and pour in about an inch thick. When cool take out peel (which may be dried), pull until white, draw out into sticks and check about four inches long with a knife. If you have no lemons, take two tablespoons vinegar and two teaspoons lemon extract. The fire must be quick and the candy stirred all the time.

LINCOLN BOURBON BALLS

½ pound of butter
2 pounds powdered sugar

Cream together for about ten minutes. Add 10 tablespoons of Bourbon and beat thoroughly. Add 2 teacups of hickory nuts. Set aside to cool until it can be handled. Roll out in balls and let chill. Melt chocolate and paraffin in top of double boiler and take a fork and dip the balls into it. Delicious!

THE PIONEERS CREAM CANDY

Four cupfuls sugar, two-thirds cupful vinegar, one cupful of sweet cream, a lump of butter the size of an egg, two teaspoonfuls vanilla, a pinch of soda. Let it boil until it cracks when dropped in cold water, then pull until very white.

Puddings

MARTHA'S BEEF PUDDING
A HEARTY DESSERT

This recipe was before refrigeration, when farmers had to wait until cold weather to butcher beef. From this ritual came suet pudding, a long time favorite. Martha's mother would strip the fat from the intestines and grind it for the pudding. If you are not slaughtering these days, ask your supermarket butcher for suet.

1 cup ground suet
1 cup buttermilk
½ cup raisins
1 teaspoon nutmeg
1 teaspoon soda
1 cup sorghum
1 egg
½ teaspoon salt
1 teaspoon cinnamon
3 cups flour (2 white, 1 graham or whole wheat)

Mix thoroughly and steam for two hours. Eat warm with this sauce:

1 cup water
1 tablespoon cornstarch
1 lump butter the size of a walnut
¼ cup sugar
1 pinch salt

season with lemon or nutmeg, or both

Mix, boil a few minutes, and pour over the pudding.

GERONIMO'S INDIAN PUDDING

In a heavy saucepan scald 1 quart milk. Moisten 3 tablespoons stoneground white meal with a little of the milk and add it gradually to the hot milk, stirring briskly. (Whisk is best) Stir in ½ cup each of sugar and molasses, 1 tablespoon butter, 1 teaspoon each of cinnamon and ginger, ½ teaspoon salt, ⅛ teaspoon nutmeg, and a pinch of ground cloves. Let the mixture cool slightly. In a small bowl beat 3 eggs with a little of the milk mixture and beat the egg mixture into the milk mixture. Pour the mixture into a buttered 1½ quart baking dish and bake it in a moderately slow oven for 2 hours. Serve the pudding hot or cold with stewed raisins and heavy cream or it is delicious with ice cream.

CARROT PUDDING

2/3 cup sifted flour
2/3 teaspoon baking soda
½ teaspoon cinnamon
1/3 cup milk
2/3 cup sugar
2/3 cup raisins
1 teaspoon baking powder
2/3 teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon nutmeg
2/3 cup currants

2/3 cup grated raw potatoes
1 cup grated raw carrots

Mix and sift ingredients. Add the fruits, stir until well coated, then stir in potatoes, carrots, and milk. Pour into a greased pan and cover with a lid and steam in a large pan of hot water for about 2½ hours.

Serve with Carrot Pudding Sauce, made as follows: Mix 1 cup powdered sugar, 1 tablespoon vanilla or wine, and the yolks of 3 eggs. Beat well. When ready to serve, add ½ pint cream whipped.

OLD-FASHIONED GINGERBREAD

2/3 cup sugar
1¼ cups molasses
2/3 teaspoon soda
2/3 teaspoon cinnamon
2/3 cup butter
2¼ cups flour
1 2/3 teaspoons ginger
2/3 cup sour milk
Nuts or raisins if desired.

Mix all ingredients together, put into a large loaf pan, and bake for about an hour.

SYRUP BREAD

Sift together 2 cups flour, 2 teaspoons baking powder, ½ teaspoon salt, ¼ teaspoon soda, 2 teaspoons ginger, and 1 teaspoon cinnamon. Add 1/3 cup melted butter, 1 cup home-made syrup or molasses, ¾ cup buttermilk and 2 eggs. Mix well, pour into a loaf pan, and bake in a moderate oven for about one hour.

ROLLED APPLE DUMPLINGS

Peel and chop fine tart apples, make a crust of one cup rich buttermilk, one teaspoon soda, and flour enough to roll; roll half an inch thick, spread with the apple, sprinkle well with sugar and cinnamon, cut in strips two inches wide, roll up like jelly-cake, set up the rolls in a dripping-pan, putting a teaspoon butter on each, put in a moderate oven, and baste them often with the juice.

BIRD'S-NEST PUDDING

Pare and core without quartering enough quick-cooking tart apples to fill a pudding-pan; make a custard of one quart milk and the yolks of six eggs; sweeten, spice, pour over apples, and bake; when done, use the whites of eggs beaten stiff with six table-spoons white sugar; spread on the custard, brown lightly, and serve either hot or cold. If necessary, apples may be baked a short time before adding custard.

BAKED INDIAN PUDDING

A quart of sweet milk, an ounce of butter, four well-beaten eggs, teacup corn meal, half pound raisins, fourth pound sugar; scald milk and stir in meal while boiling; let stand until blood warm, stir all well together; bake one and a half hours, and serve with sauce.

PEACH ROLLS

Stew dried fruit, sweeten, and flavor to taste; make a good baking-powder crust, roll very thin, spread fruit on, putting thin slices of butter on fruit, roll crust up, place in a pan four or five inches deep, to three or four rolls add one cup sugar, and a half cup butter; pour in hot water enough to cover them. Bake an half an hour.

POOR MAN'S PUDDING

A quart of milk, half teacup rice, salt to taste, add one teacup sugar. (Some people add a tablespoon butter); place in oven while cold, stirring occasionally while the rice is swelling. Bake quite slowly two hours or more. It should be cream-like when done, and must be taken immediately from oven. A good test is to tip dish; if rice and milk move together it is done; if not sufficiently cooked the milk runs; if neither move it is done to much. To vary this, a small cup raisins and a teaspoon lemon or vanilla may be added. This is a delicious pudding when properly baked, and may be eaten warm or cold with sugar or cream.

POTATO PUDDING

Boil six good mealy potatoes, mash very fine, beat well with the yolks of five eggs, half pound of white sugar, quarter pound butter; beat whites of eggs to stiff froth, add the grated rind and juice of one lemon, stir well, and add a little salt and a pint of good milk or cream; bake an hour and a half; reserve some of the whites of eggs, mix with sugar, and ice the top.

QUEEN OF PUDDINGS

One pint of fine sifted bread crumbs, one quart of milk, one cup of sugar, yolk of four eggs, a piece of butter the size of an egg (some add the grated rind of lemon); bake until done — but do not allow to become watery — and spread with a layer of jelly. Whip whites of eggs to a stiff froth with five tablespoons sugar, and juice of one lemon, spread on the top and brown. Good with or withour sauce, and very good cold. Make a hard sauce for it as follows: One cup very light brown sugar, half cup butter, half grated rind and the juice of one lemon; beat until very light. Vanilla may be used instead of the lemon.

GRANDMA HENRY'S WHITE PUDDING

Weigh equal quantities of best beef suet and sifted flour, shave down suet and rub into fine particles with the hands, removing all tough and stringy parts, mix well with the flour, season very highly with pepper, salt to taste, stuff loosely in beef-skins (entrails cleansed like pork-skins for sausage), half a yard or less in length, secure the ends, prick every two or three inches with a darning needle, place to boil in a kettle of cold water hung on the crane; boil three hours, place on table until cold, after which hang up in a cool place to dry; tie up in a clean cotton bag, and put away where it will be both dry and cool. When wanted for use, cut off the quantity needed, boil in hot water until heated through, take out and place before the fire to dry off and "crisp." The above was considered an "extra" dish at all the "flax scutchings," "quilting frolics," and "log rollings" of a hundred fifty years ago.

The same by measure is as follows: One pint of best beef suet to two pints flour; mix thoroughly, season very highly with pepper and salt, sew up little sacks of cotton cloth half a yard long and three inches wide, fill nearly full, put to boil in hot water, boil from four to six hours; when done, take out, drain, let cool, hang in a dry, cool place, and when wanted for table, cut off as much as needed, put on hot water, boil until cooked through, take out, peel off cloth, put in a pie-pan, set in oven to dry and brown.

CHRISTMAS PLUM PUDDING

One quart seeded raisins, pint currants, half pint citron cut up, quart of apples peeled and chopped, a quart of fresh and nicely chopped beef-suet, a quart of sweet milk, a heaping quart of stale bread crumbs, eight eggs beaten separately, pint sugar, grated nutmeg, teaspoon salt; flour fruit thoroughly from a quart of flour, then mix remainder as follows: In a large bowl or tray put the eggs with sugar, nutmeg and milk, stir in the fruit, bread crumbs and suet, one after the other until all are used, adding enough flour to make the fruit to stick together, which will take about all the quart; dip pudding-cloth in boiling water, dredge on inside a thick coating of flour, put in pudding and tie lightly, allowing room to swell, and boil from two to three hours in a good-sized pot with plenty of hot water, replenishing as needed from teakettle. When done, turn in a large flat dish and send to table with sprig of holly, or any bit of evergreen with bright berries, stuck in top. This recipe is for twenty people, but if the family is small, one-half the quantity may be prepared, or it is equally good warmed over by steaming. For sauce, cream a half pound sweet butter; stir in three-quarters pound brown sugar, and the beaten yolk of an egg; simmer for a few minutes over a slow fire, stirring almost constantly; when near boiling add a half pint of grape juice or wine, and serve after grating a little nutmeg on the surface.

SUSANNA'S BOURBON PUDDING

1 pint heavy whipping cream
9 tablespoons sugar
1 teaspoon vanilla
3 eggs, separated
3½ to 4 tablespoons Bourbon
1 teaspoon nutmeg

Beat cream until stiff, set aside. Separate eggs and beat egg yolks until foamy. Add 4 tablespoons sugar, Bourbon, vanilla, and nutmeg to beaten egg yolks. Beat egg whites stiff, forming peaks. Add 5 tablespoons sugar. Lightly blend the egg yolk mixture and whipped cream into beaten egg whites. Pour into a large mold, or individual cups and freeze slightly until time to serve.

VIRGINIA FROZEN PUDDING

½ cup sugar
1 pint whole milk
½ cup Bourbon
½ pound toasted almonds
2 eggs
1 pound seedless dates
1 pint whipped cream
2 cups broken pecans

Scald milk, add gradually lightly beaten eggs, sugar, and pinch of salt. Stir over low heat until slightly thickened and it is a light custard. Pour while hot over the dates

(chopped fine). When cool add the Bourbon and fold the whipped cream into the mexture. Freeze lightly and then add the chopped almonds and the broken pecans and refreeze. When served pass a small decanter and allow each one to pour a little to his taste over the pudding.

NEW ENGLAND THANKSGIVING PUDDING

5 egg yolks
1½ cups sugar
1½ cups currants
1½ tablespoons vanilla
2 eggs
1½ cups pecans
1½ cups crushed lemon wafers
6 tablespoons Bourbon
1½ tablespoons melted butter

Beat eggs until light, add sugar and beat, add butter, lemon wafers, vanilla, and Bourbon. Add currants and nuts. Mix well and cook in a greased pan line with greased wax or brown paper. Cook one hour in a very slow oven (325 degrees). It will be done when a crust forms on top. Serve cold with whipped cream on top or the hot Bourbon Sauce.

CARAMEL DUMPLINGS

Make the sauce first and while it is coming to a boil, make the dumplings. Let the dumplings steam for 20 minutes only. Have a kettle with tight cover.

Sauce
2 tablespoons butter
¼ teaspoons salt
1½ cups brown sugar
1½ cups water

Mix and bring to a boil.

Dumplings
1½ cups flour
1 1/3 cups sugar
1½ teaspoons baking powder
¼ teaspoons salt
¼ cup butter

Mix together until it resembles crumbs. Add 2/3 cup milk and 1 teaspoon vanilla. Stir only until mixed. Drop dumplings into boiling sauce. Put tight cover on and simmer for 20 minutes.

PICKET FENCH PUDDING
THEODORE ROOSEVELT'S

2 squares bitter chocolate
4 tablespoons hot water
4 egg whites, beaten stiff
2 tablespoons powdered sugar
4 egg yolks
1 dozen ladyfingers

VANILLA FLAVORED WHIPPED CREAM

Melt chocolate in double boiler. Stir in sugar. Add hot water and egg yolks. Remove from heat and cool. Fold in egg whites. Line serving dish with ladyfingers and turn

pudding into the dish on top of the lady fingers. Fill dish with whipped cream.

LADYFINGERS

½ cup sifted cake flour
⅛ teaspoon salt
½ teaspoon vanilla
2/3 cup sifted confectioner's sugar
3 eggs, separated

Pre-heat oven to 350 degrees. Sift the flour, half the sugar and salt together 3 times. Beat the egg whites until stiff and gradually beat in the remaining sugar. Beat the egg yolks until thick and lemon colored, and fold with the vanilla into the egg white mixture. Sift the flour mixture, a third at a time, over the eggs and fold in carefully. Line ungreased baking sheets with unglazed paper. Shape with a spoon into strips about 4 inches by ¾ of an inch. Bake 12 to 15 minutes or until golden brown. Remove from paper with spatula and cool on a rack.

STRAWBERRY DUMPLINGS

In a saucepan combine ½ cup sugar and 2/3 cup water. Bring the mixture to boiling; reduce heat and simmer, uncovered, about 5 minutes. Stir in 2/3 teaspoonful vanilla. Sift together 1 cup sifted flour, 4 tablespoons sugar, 1½ teaspoons baking powder and ½ teaspoon salt. Cut in 4 tablespoons butter till mixture is crumbly. Place about 2½ cups hulled, fresh strawberries in a casserole or pan; pour hot sugar mixture over them. Immediately drop dumpling dough in 8 to 10 spoonfuls over berries. Sprinkle dumplings with a small amount of sugar. Bake in a very hot oven (450 degrees) for 25 to 30 minutes, or until dumplings are done. Serve while warm.

BOILED APPLE DUMPLINGS

Add to two cups sour milk one teaspoon soda, and one of salt, half cup of butter, lard, flour enough to make dough a little stiffer than for biscuit; or make a good baking powder crust; peel and core apples, roll out crust, place apples on dough, fill cavity of each with sugar, encase each apple in coating of the crust, press edges tight together. (it is nice to tie a cloth around each one), put into kettle of boiling water slightly salted, boil half an hour, taking care that the water covers the dumplings. They are also very nice steamed. To bake, make in same way, using a soft dough, place in a shallow pan, bake in a hot oven, and serve with cream and sugar, or place in a pan which is four or five inches deep (do not have the dumplings touch each other); then pour in hot water, leaving just the top of dumplings uncovered. To a pan of four or five dumplings, add one teacup sugar and half a teacup butter; bake from half to three-quarters of an hour. If water cooks away too much, add more. Serve dumplings on platter and the liquid in sauce-boat for dressing. Fresh or canned peaches may be made in the same way.

CHOCOLATE PUDDING
ERA OF THE BUCHANAN'S

Half cake of chocolate grated (kind where there is 2 cakes in one package); vanilla to flavor; small half pint of soda cracker crumbs; butter size of an egg; one half pint of boiled milk; whites of six eggs; one half cup of sugar; salt; boil in a mould for one hour. To be eaten hot.

Sauce

Yolks of seven eggs; one tumbler of sherry wine; one half large cup of sugar; beat the yolks very light; put the sugar in the sherry, then heat the wine; when it is very hot add the beaten yolks; stir quickly one way until it thickens to a very rich cream.

Miscellaneous

AUNT MARY'S HOMEMADE LYE

Select a barrel with a small hole in the bottom and place a stone crock under the hole to catch the lye. Place straw in the bottom of the barrel. Use five bushels and one-half bushel of unslacked lime, pour into barrel one layer of ashes and on top of that sprinkle lime and add water. Ashes should be kept dry and should be strong ashes. (Hickory ashes are best.) Continue alternating the ashes and lime and adding water until all the ashes and lime are used up.

The lye is ready when it is strong enough to hold up an egg with only the top visible above the water. The top area should be about the size of a dime above the lye. If the lye is not strong enough, pour it back through the ashes and add more water if necessary.

AUNT HARIET'S LYE SOAP

This recipe was used many years ago when the first settlers moved West.

Take 11 pounds of melted fat, two cans of lye and five pints of hot water. Dissolve lye in hot water and let cool. Pour into melted fat slowly, stirring constantly until cool. Pour into container that has been dipped into cold water. When set, cut into bars.

GREAT GRANDMOTHER'S YEAST

Mix one quart of water with one pint of hops and simmer about thirty minutes until the strength is out. Use the liquid to make a thick cornmeal mush. When it is cool, work in more corn meal and pat into small cakes. Dry the cakes on a plate and store them for later use.

GLADY'S CORN COB SYRUP

Boil fifteen red clean corn cobs covered in water for about two hours or until you have about one pint of liquid when done. Strain and add about two pounds of brown sugar. Boil until the desired thickness.

THE BACKWOODSMAN PRESERVES

Heat one pint of sorghum until it comes to a boil. Add one teaspoon each of cinnamon and nutmeg and stir in three well beaten eggs, stirring constantly until thickened, which doesn't take long. As it begins to boil up, add a pinch of soda as it will cut the strong taste.

CAMPFIRE POPCORN BALLS

For every six quarts of popped corn use one pint of molasses. Boil the molasses for about 10 minutes. Place the corn into a bowl or pan and pour the boiling molasses over it. Mix well and roll into balls.

LARD AND "CRACKLIN'S"

Fat is cut from the hams, shoulders, middlin', entrails, etc. Leave out all night in pot so it will become solidified and be easier to cut up.

The next morning, cut the fat into pieces the size of a small hen's egg and put in a pot with just a small amount of water to keep it from sticking to the bottom and sides while cooking. The pot is placed over a fire, and allowed to cook slowly. Stir it often. By nightfall, the grease will have boiled out, the water evaporated, and the hard residue called "cracklin's" will have fallen to the bottom.

The grease (lard) is poured into buckets or any other container, allowed to harden, and is used all winter for cooking. The cracklin's are saved for bread.

Add soda if you don't want many cracklin's. The soda also keeps it from smelling while cooking and from tasting strong.

RACHEL JACKSON'S PIE CRUST OF 1830

A quarter of a pound of butter is enough for half a pound of flour. Take out about a quarter part of the flour you wish to use, and lay it aside. Into the remainder of the flour, rub butter thoroughly with your hands, until it is so short that a handful of it clasped tight will remain in a ball, without falling apart. Then wet it with cold water, roll it out on a board, rub over the surface with flour, stick little lumps of butter all over it, sprinkle some flour over the butter, and roll the dough up; flour the paste, and flour the rolling pin; roll it lightly and quickly; and so on until you have used up your butter. Always away from you. Pie crust should be made as cold as possible and set in a cool place; but be careful it does not freeze. Do not use more flour than you can help in sprinkling and rolling. The paste should not be rolled out more than three times; if rolled too much, it will not be flaky.

THE PIONEER'S BEER

Beer is a good family drink. A handful of hops to a bucket of water, and a half-pint of molasses, makes good hop beer. Spruce mixed with hops is pleasanter than hops alone. Malt mixed with a few hops makes a weak beer; it is cool and pleasant; it needs less molasses than hops alone. The rule is about the same for all beer. Boil the ingredients two or three hours, pour in a half-pint of molasses to a pailful, while the beer is scalding hot. Strain the beer. and when about lukewarm, put a pint of lively yeast to a barrel. Leave the bung loose till the beer is done working; you can ascertain this by observing when the froth subsides. If your family is large and apt to drink rapidly, it may as well be left in the barrel; if it will be drunk slowly it keeps better bottled. A raw potato or two, cut up and thrown in, while the ingredients are boiling, is said to make the beer more spirited.

Ginger beer is made by using one cup of ginger, one pint of molasses, one pail and half of water, and a cup of good lively yeast. Most people scald the ginger in half a pail of water, and then fill it up with a pailful of cold. Yeast must not be put in til it is cold, or nearly cold. If not to be drunk within twenty-four hours, it must be bottled as soon as it works.

Table beer should be drawn off into stone jugs with a lump of white sugar in each, securely corked. It is brisk and pleasant, and continues good several months.

POTATO ROLLS OF THE 1800's

A quart of flour, four eggs, a tablespoon of lard, one yeast cake dissolved in warm water; a heaping cupful of potatoes, mashed soft and beat light with a cupful of lukewarm milk, a teaspoonful of salt, and a teaspoonful of sugar. Beat the eggs light, sift the salt with the flour; melt the lard and mix with the sugar in the potatoes. Make a hole in the middle of the flour, pour in the milk, the mashed potato, the yeast, the eggs; knead well and set to rise overnight. Early in the morning knead again, make into rolls and set close together in a pan for an hour's rising. Bake in a steady oven. Send to table hot and break, not cut, apart.

CHOCOLATE ICE CREAM OF THE JOHNSON'S ERA — 1870's

To three pints of cream take one of new milk, two eggs, a teacupful of grated chocolate, two coffee-cups of powdered sugar, a teaspoonful of corn starch and one of extract of vanilla. Beat the eggs, stir them in the milk, add the corn starch and sugar; let them come to a boil, take them quickly from the fire, dissolve the chocolate in a little milk over the fire, stir it all the time. When perfectly smooth, mix it with the

milk and eggs, then add the cream and vanilla; if not sweet enough, more sugar. When cold put in the freezer and turn until frozen.

CHOCOLATE PIE OF THE JOHNSON ERA — 1870's

Simmer one quart of rich milk; add a quarter pound of the best chocolate available, grated; sweeten to taste, beat in four well-beaten eggs. Line deep pie-pans with rich paste; pour in the mixture; bake in moderately quick oven.

CHOCOLATE CUSTARD OF THE LINCOLN ERA — 1860's

One quart of milk; one ounce of the best available French chocolate; nine eggs; two teaspoonfuls of vanilla; nine teaspoonfuls of white sugar. Beat the nine yolks and the three whites of the eggs until they are light. Boil the milk; when boiling stir the chocolate and the sugar into it, and then place into a clean pitcher. Place this into a pot of boiling water; stir one way gently all the time until it becomes a thick cream; when cold strain it and add the vanilla; place it in cups; beat the rest of the egg whites to a stiff froth, add the sugar to them; beat well, and place some of this frosting on the top of each custard.

GREAT GREAT GRANDMA'S BAKED CUSTARD

4 cups scalded milk
½ cup sugar
¼ teaspoon salt
4 eggs
½ teaspoon vanilla
Grated nutmeg

Beat the eggs, though not very much, and add the sugar and salt. Then add the milk, a little at a time, stirring well. Pour into one large, or six individual, buttered molds. Grate a dash of nutmeg over the top, and put in a shallow pan of hot water — hot but not boiling.

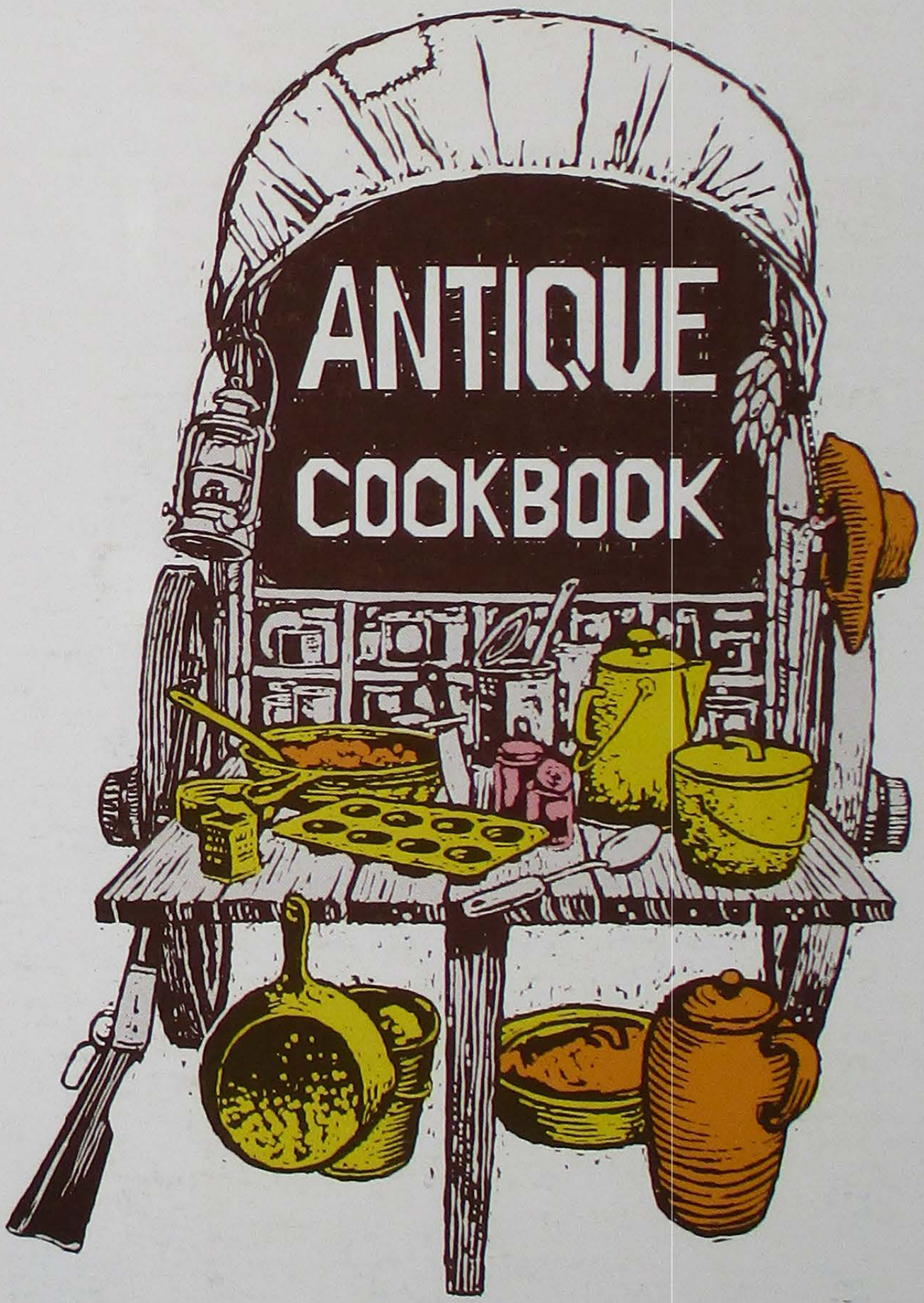
Have the oven slow and bake until you can run a silver knife into the custard and have it come out clean. If the oven gets too hot, or the water in the surrounding pan boils, the custard will be watery. This custard, baked in individual cups, should turn out in solid form on a serving dish. To be certain it will do this if you bake it all in one mold, add another egg. You can make a very good baked custard to be served from the dish in which it was baked by using 3 eggs.

SUSANNA BOONE'S PUMPKIN FRITTERS

In a bowl combine 2 cups pumpkin puree, 3 eggs, lightly beaten, 1 cup sifted flour, 2/3 cup sugar, 1 teaspoon each of vanilla and nutmeg, and ½ teaspoon salt. In A HEAVY SKILLET HEAT ¼ inch butter over moderately high heat until it is very hot but not smoking. Drop the pumpkin mixture by tablespoons into the butter and cook the fritters until they are browned on both sides. Remove the fritters with a slotted spoon, drain on paper towels, and dust them generously with sifted confectioners' sugar.

SUSANNA'S SAUCE

In a saucepan scald 1½ cups orange juice and stir in 3 to 4 tablespoons honey, or to taste, 1 tablespoon butter, 1 teaspoon vanilla, and ½ teaspoon cinnamon. Cook the sauce over moderate heat, stirring, until the butter is melted. Serve the sauce warm with puddings or cake.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